

## Browned Butter Squash Pasta: A Cozy, Comforting Fall Dish

This pasta dish is a personal favorite for many reasons, especially when the weather cools:



**OVEN**  
**400°F**

**TIME**  
**20-25 min**

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**SAVE**  
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### INGREDIENTS

- 1 lb pasta (e.g., penne, rigatoni, cavatappi, or even spaghetti)
- 1 small butternut squash (about 2 lbs), peeled, seeded, and cut into 1-inch cubes
- 4 tbsp (1/2 stick) unsalted butter
- 2 cloves garlic, minced
- 1/4 cup grated Parmesan cheese (plus more for serving)
- 1/2 cup pasta water (reserved from cooking pasta)
- 1/4 cup fresh sage leaves, roughly chopped (optional, but highly recommended)
- Salt and freshly ground black pepper to taste
- 2 tbsp olive oil

### DIRECTIONS

- Roast the : Squash:** Preheat your oven to 400°F (200°C). On a large baking sheet, toss the cubed butternut squash with 1 tablespoon of olive oil, a pinch of salt, and pepper. Spread in a single layer. Roast for 20-25 minutes, or until the squash is tender and slightly caramelized.
- Cook the : Pasta:** While the squash is roasting, bring a large pot of generously salted water to a boil. Add the pasta and cook according to package directions until just al dente (slightly firm to the bite). Before draining, reserve about 1/2 to 1 cup of the starchy pasta water. Drain the pasta and set aside.
- Brown the : Butter & SautØ Aromatics:** In a large skillet or Dutch oven (big enough to hold the pasta), melt the 4 tablespoons of unsalted butter over medium heat. Continue cooking, stirring occasionally, until the butter turns a rich golden-brown color and smells nutty. Watch it carefully, as it can burn quickly! Once the butter is browned, add the minced garlic and the chopped fresh sage leaves (if using). SautØ for about 1 minute until fragrant.
- Create the : Sauce:** Add the roasted butternut squash to the browned butter mixture in the skillet. Mash some of the squash pieces gently with the back of a spoon to create a creamier texture in the sauce, leaving some chunks for texture. Pour in 1/2 cup of the reserved pasta water. Stir well, bringing the mixture to a gentle simmer.
- Combine with : Pasta:** Add the cooked, drained pasta to the skillet with the squash and sauce. Toss everything together until the pasta is well coated. Stir in the 1/4 cup of grated Parmesan cheese. Continue tossing,

adding more reserved pasta water (a tablespoon at a time) if needed to achieve your desired creamy consistency. The sauce should cling nicely to the pasta.

6. Season and : Serve: Season with additional salt and freshly ground black pepper to taste. Serve hot, garnished with extra grated Parmesan cheese and a few fresh sage leaves if desired. Enjoy your cozy, comforting fall dish!

## SWAPS & NOTES

**Pasta:** Choose a pasta shape with ridges or nooks that can hold the creamy sauce and squash pieces.

**Squash:** While butternut squash is classic, you can use other winter squash varieties like acorn squash, delicata squash (no need to peel!), or even a sweet potato for a slightly different flavor profile.

**Butter:** Unsalted butter allows you to control the saltiness.

Browning the butter is essential for that nutty flavor, so don't skip this step!

## TIPS FOR SUCCESS

**Don't Burn the Butter:** Browning butter is easy but requires attention.

Keep it on medium heat and stir often, removing it from the heat as soon as it turns golden and smells nutty.

Roast Squash Well: Roasting brings out the natural sweetness and creates a lovely texture.

Reserve Pasta Water: This starchy water is your secret weapon for a luscious, emulsified sauce.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/browned-butter-squash-pasta-a-cozy-comforting-fall-dish-2/>