



Pumpkin & Sausage Pasta

Preparation: 10 min, Cook Time: 15 min Yield: 4 servings

Fox 5 October

Fresh pumpkin and Italian sausage makes this a dinner favorite!

1 teaspoon olive oil

1 lb sweet Italian sausage

4 cloves chopped garlic

1 medium, finely chopped onion

1 bay leaf

5 sprigs thinly sliced sage

1 cup dry white wine

1 cup chicken stock

1 cup pumpkin

1/2 cup heavy cream

1/8 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

salt / pepper

1 lb cooked al dente penne

1 ounce Parmesan cheese



Heat a large, deep non-stick skillet over medium heat. Add 1 tablespoon of olive oil.

Brown the sausage and transfer to a paper towel lined plate. Drain fat from skillet and add remaining oil, the garlic, and onion. Saute 3-5 minutes until onion is tender.

Add bay leaf, sage and wine to skillet. Reduce wine by 1/2, about 2 minutes.

Add stock, pumpkin, stir to combine until mixture comes to a bubble. Slice and return sausage to skillet, reduce heat, and stir in cream. Season the sauce with salt and pepper to taste, add the cinnamon and nutmeg. Simmer mixture 5-10 minutes to thicken sauce. Return drained pasta to your skillet, remove the bay leaf and combine the mixture over low heat, about 1 minute.

Garnish with parmesan cheese