



**Whole-Wheat Spaghetti with
Butternut Squash & Walnuts**



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Sweet squash, earthy sage, and toasted walnuts are a winning combo in this satisfying pasta dish.

8

Total Time

40 min

Prep

10 min

Cook

30 min

Serves

4

Difficulty

Easy

Ingredients

Cooking spray, 4 sprays

Uncooked butternut squash, 3 cups cubed (about 14 oz)

Kosher salt, 1 tsp divided

Black pepper, ½ tsp divided

Uncooked whole wheat spaghetti, 8 oz

Walnut oil, 2 Tbsp roasted

Fresh sage, 8 leaves

Garlic, 4 cloves thinly sliced

Walnuts, ¼ cup chopped and toasted

Instructions

1. Preheat the oven to 425°F. Line a sheet pan with parchment paper. Arrange the squash on the pan and coat with cooking spray. Sprinkle with ½ tsp salt and ¼ tsp black pepper. Roast the squash, stirring halfway through cooking, until tender, about 30 minutes.
2. Meanwhile, cook the pasta according to the package directions. Reserve 1 cup of the cooking water before draining.
3. In a large skillet, heat the oil over medium. Add the sage leaves and cook until they start to crisp, 1 to 2 minutes. Using a slotted spoon, transfer the sage to paper towels to drain. Add the garlic to the pan and cook, stirring occasionally, until just golden, about 2 minutes. Carefully add ⅔ cup pasta cooking water (the water will sputter) and increase heat to medium-high. Cook until the liquid reduces by about half, 2 to 3 minutes.
4. Stir in the pasta, squash, and remaining ½ tsp salt and ¼ tsp black pepper. Toss to combine. Divide the pasta among 4 bowls. Top with the sage and nuts.

Serving size: about 1½ cups



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