Roasted Delicata Squash and Greens Pasta

Makes 4 servings

This kid-friendly pasta uses fall's bounty and is packed with flavor and nutrients. Roasting squash brings out its natural sweetness. Your child can help by mixing the ingredients at the end and adding the almonds.

Ingredients

- 1 delicata squash, cut in half the long way, seeds scooped out, and cut into ½ inch half-moon shaped pieces
- 2 tablespoons olive oil
- Salt
- 8 ounces whole wheat rigatoni or penne pasta
- 1 small white or yellow onion, cut into ¼ inch pieces
- ¼ teaspoon red pepper flakes
- 2 garlic cloves, finely chopped
- 1 can low-sodium cannellini or white beans, drained and rinsed
- 1 bunch mustard greens, stems removed and leaves chopped
- 2 tablespoons lemon juice
- ¼ cup sliced or chopped almonds, toasted (optional)

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Directions

1. Heat the oven to 400 degrees F. On a large sheet pan or baking dish, toss together the delicata squash, 1 tablespoon of olive oil, and ½ teaspoon salt.
2. Bake until the squash starts to brown on the bottom, 12-15 minutes. Flip the squash pieces and bake until the other side is browned, about 10 minutes. Remove the pan from the oven and let cool.
3. Bring a large pot of water to a boil. Add 1 teaspoon salt and cook the pasta 2 minutes less than the package's directions. Save 1 cup of the cooking water, then drain the pasta.
4. Heat 1 tablespoon of olive oil in large skillet over medium heat. Add the onion and cook until soft, about 5 minutes. Add the garlic and red pepper flakes and cook under fragrant, about 1 minute.
5. Add the mustard greens and ¼ teaspoon salt and cook until the greens are very tender, 12-15 minutes.
6. Add the pasta, reserved cooking water, and white beans to the skillet and mix well. Cook, stirring often, until the sauce has thickened, about 3-4 minutes.
7. Add the squash and lemon juice and mix gently to combine. Add more salt and pepper if needed.
8. Top each serving with toasted almonds (if using) and serve warm.