

## **Mushroom & Squash Fettucini with Nutmeg Cream Sauce**

Serves *10*

Prep time *15 mins*

Cook time *25 mins*

### **Ingredients:**

2 tsp. olive oil

2 cups winter squash (*butternut, acorn, delicata can also be used*), chopped 1 inch

1 cup mushroom, sliced

5 Tbsp. butter, cubed

¼ tsp. salt

¼ tsp. pepper

2 cups heavy cream

1 ¾ cups 2% milk

1 tsp. nutmeg

16 oz. fettucini (*regular or specialty*)

2 Tbsp. olive oil (*for pasta water*)

1 tbsp. salt (*for pasta water*)

Fresh parsley, chopped (*optional*)

### **Directions:**

To cook pasta, heat a large pot with water. While pasta water is heating, heat a pan with the oil on medium-high heat. Add winter squash, and cook for 3 minutes. Reduce heat to low and add mushrooms. Cook for another minute, then add butter. Once butter browned, add salt, pepper, and cream. Increase heat to medium-high and stir constantly for 3 minutes, being careful not to boil. Then it has thickened, add milk, and continue to stir until the sauce thickens, again. There should be a bit of film on the spatula. Remove sauce from heat and stir in nutmeg. Set aside.

Once water is heated add fettucini and cook as directed. Remove from heat, stain, and add oil if needed to prevent sticking. Arrange pasta either in individual bowls or a large bowl, Pour sauce over, and serve with fresh parsley.