Phoenix Food Day “Macaroni and Cheese”

Rea Lumache Pasta Tossed with a Butternut Squash -Silken Tofu and Goat Cheese Sauce Topped with Pecans, Basil and Tepary Beans

Yield = 4

* olive oil, 1 tablespoon
* onion, 2 tablespoons, chopped
* garlic, 1 tablespoon, chopped
* red chili flakes, 1 teaspoon
* butternut squash, 1 cup, peeled, small diced
* silken tofu, 1 cup
* 1 cup water
* lemon juice, 1 tablespoon
* goat cheese, 10 ounces
* pasta, cooked, lumache, 1 lb.
* tepary beans, 1/2 cup, cooked
* salt, 1 teaspoon
* black pepper, a few turns
* basil, torn for garnish
* pecan, 2 tablespoons, toasted

Preparation Instructions:

In a large sauté or sauce pan on medium heat add olive oil. Add butternut squash and sauté until slightly soft. Next add onion, garlic, and chili flakes. Sauté until golden brown and slightly caramelized. Add tofu, water and simmer until squash is completely soft. Remove from heat and cool slightly. In a blender add butternut squash mixture and blend until a smooth puree. Set butternut squash sauce aside.

In a sauce pot or sauté pan add pasta and butternut squash sauce. Bring to a simmer and fold in goat cheese and lemon juice until incorporated. Add tepary beans, salt, pepper, and basil. Serve into bowls and top with pecans.

Ingredients Locally Sourced From

Pasta Rea

Crow’s Dairy

Ramona Farms

Blue Sky Farms

True Garden