

## Pasta with Pumpkin

### Ingredients:

1 box of ziti or rigatoni  
1 small pumpkin; peeled and cubed  
1 large sweet onion; sliced  
¼ bunch of parsley; chopped  
½ bar of sweet butter  
1 shallot; diced  
2 cups chicken stock (optional can use vegetable stock)  
1 cup grated parmigiano cheese  
½ cup grated pecorino Romano cheese  
sea salt  
fresh ground black pepper  
fresh grated nutmeg  
red pepper flakes  
olive oil

### Preparation:

In a large stainless steel sauce pot with a lid bring stock to a boil add the pumpkin and lower the heat and cover. Allow to cook until the pumpkin can be pierced with a fork. Remove from heat and set aside.

In a sauté pan over medium high heat melt ½ the butter in olive oil add onions sauté until translucent

Add parsley, salt, pepper, nutmeg and red pepper flakes (to taste, remember you can add more but you cannot take it away so season as you go)

Add this to pot with the pumpkin over low heat and allow to simmer while pasta cooks (cook pasta according to preference)

If the sauce is dry add a little more soup stock

Toss pasta into pot with the other half of the butter and the cheeses