

# ITALIAN SQUASH MARINARA

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## INGREDIENTS

1 Cup diced Yellow  
Onion, about ½ medium  
size

1/3 Cup diced Red Pepper

1/3 Cup diced Carrot,  
about 1 small

2 teaspoons chopped  
Garlic

1 teaspoon Italian  
Seasoning, or assorted  
dried herbs

½ Cup White Wine

2 Cups Squash Purée

1 ½ Cups ½ & ½

3 teaspoons Salt

2 Tablespoons Blended  
Oil

1 Pound dry Pasta, cooked

## DIRECTIONS

Heat oil in a medium saucepan at medium-high and add onion, peppers & carrot.

Cook for 4 minutes stirring occasionally and then add garlic and dried herbs.

Cook until the onions have some golden color before pouring in the wine.

Pour in squash and ½ & ½ and stir quickly to combine.

Reduce heat gradually as the sauce heats up as it will begin to sputter.

Gently cook the sauce on a low setting for 20 minutes to infuse flavors and cook carrots.

Season with salt and serve with pasta and a dollop of Ricotta cheese or Mascarpone.