



**Makes 8 cups**  
**Preparation Time: 20 minutes**  
**Cook Time: 20 minutes**

**INGREDIENTS:**

- 2 medium fennel bulbs
- 8 oz. dry whole grain penne
- 1 cup chopped onion
- 1½ cups cubed fresh butternut squash
- ¼ cup chopped walnuts

## Penne with Butternut Squash and Fresh Fennel

This recipe is a great introduction to **fresh fennel**, which turns silky-soft when simmered with pasta. The light licorice taste of this fun root vegetable pairs perfectly with the earthy sweetness of butternut squash. Add a crunchy topping of chopped walnuts, and you have a five-star meal that's ready in under **30 minutes**. Be generous when adding the fennel fronds at the end so you get maximum flavor, and save any leftover fronds or stalks to add to salads later in the week!

By Mary Margaret Chappell

- 1** Bring a large pot of water to boiling. Remove stems from fennel bulbs; trim and coarsely chop the fronds. Halve bulbs, then cut into ¼-inch-thick slices.
- 2** Add penne and onion to boiling water. Cook according to package directions for the pasta, adding squash and sliced fennel bulb the last 7 minutes of cooking.
- 3** Reserve 3 cups cooking water. Drain pasta and vegetables. Return pasta and vegetables to pot. Add 1 to 1½ cups cooking water and ¼ to ½ cup chopped fennel fronds to pot; toss to coat. Add additional reserved cooking water if desired for saucier pasta. Sprinkle with walnuts.