



**WATCH THE GRILL SERGEANTS EVERY MONDAY  
AT NOON EST**

## **Pumpkin and Sweet Italian Sausage Fettucini**

<b>As Needed</b>	<b>olive oil</b>
<b>1 pound</b>	<b>sweet Italian sausage</b>
<b>4 ea</b>	<b>garlic cloves (minced)</b>
<b>1 ea</b>	<b>medium onion (small dice)</b>
<b>1 cup</b>	<b>spinach leaves</b>
<b>1 cup</b>	<b>chopped tomato</b>
<b>4-6</b>	<b>sage leaves</b>
<b>1 cup</b>	<b>dry white wine</b>
<b>1 cup</b>	<b>chicken stock</b>
<b>1 cup</b>	<b>canned pumpkin</b>
<b>1/2 cup</b>	<b>heavy cream</b>
<b>1/8 tsp</b>	<b>cinnamon</b>
<b>1/4 tsp</b>	<b>nutmeg</b>
<b>1 pound</b>	<b>fettucini pasta (cooked al dente)</b>
<b>To Taste</b>	<b>salt and pepper</b>
<b>To Taste</b>	<b>Parmesan cheese</b>
<b>1/2 cup</b>	<b>pine nuts (toasted)</b>

**Heat a large deep nonstick skillet over medium high heat. Add 1 tablespoon of olive oil to the pan and brown the sausage. Transfer sausage to paper towel-lined plate. Sauté garlic and onion for 3-5 minutes until onions are tender. Add sage and wine to pan. Reduce wine by half, about 2 minutes. Add stock and pumpkin and stir to combine, stirring sauce until it begins to bubble. Return sausage to the pan, reduce heat, and stir in cream. Season the sauce with cinnamon, nutmeg and salt and pepper. Simmer for 5 - 10 minutes to thicken sauce. Add spinach and tomato and cook for one additional minute. Take pasta sauce off the heat. Return drained pasta to the pot. Pour the sauce over pasta. Garnish with pine nuts and shaved parmesan. Yield: 4 servings.**