

Sage—Garlic Salt—Coriander seed powder—Chili Flakes

## Sausage, Sage & Butternut Squash Pasta



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FEATURING OUR: GARLIC SALT  
& CORIANDER SEED POWDER

One of my favorite fall-time vegetables, Butternut Squash, is the key ingredient for this savory dish. Italian sausage and pasta are mixed with the squash that is flavored just right with (dried) Sage, Coriander powder, Garlic Salt, and a bit of Chili Flakes for a slight hot kick. This dish is easy to prepare, but looks and tastes extraordinary. A truly great combination of spices that really make the butternut squash perfectly delicious

Ingredients:

1 lb. Mild Italian Sausage	2 Tblspns dried Sage
1 lb. Butternut Squash (peeled & cut in one inch cubes)	1 tsp Coriander
1 medium onion, chopped	1 tsp Garlic salt
3 garlic cloves, minced	1/2 tsp Chili flakes
1/2 lb. farfella pasta	2/3 cup freshly grated parmesan cheese

Directions: Salt and pepper the squash and then spread it out on a cookie sheet. Bake it for 20 - 30 minutes in a 400 degree oven, until the squash is just tender. Set the baked squash aside. Cook the pasta and reserve about a cup of the pasta water. In a large frypan, cook the Italian sausage, breaking it into small pieces with a spatula. Add the onion, garlic, Coriander, Chili Flakes, and 1 Tblspn of the Sage to the sausage and cook until the onion is slightly clear. Add the cooked pasta and half of the cooked squash to the frypan with the Italian sausage. Gently mix to combine. Make a squash sauce by combining the following: half of the cooked squash, 1 tsp Garlic Salt, 1 Tblspn Sage, 1/3 cup freshly grated parmesan cheese, and 1/4 - 3/4 cup reserved pasta water (add enough water to make a slightly thick sauce). Pour the squash sauce over the pasta and sausage mixture in the frypan. Mix together until the sauce is covering the pasta. Sprinkle with the remaining 1/3 cup of parmesan cheese. Garnish with fresh Sage leaves and serve immediately.

PUMPKIN PIE SPICE—TRUE (Ceylon) CINNAMON

## Ultimate Pumpkin Blondies



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PUMPKIN PIE SPICE & CEYLON

Here is a great pumpkin treat to satisfy your sweet tooth. Pumpkin puree is spiced with Pumpkin Pie Spice and True Cinnamon and then, the 'ultimate' ingredients - chocolate, butterscotch & pecan chips- are added to make these bars over-the-top, crazy good!

Ingredients:

1 1/4 cups flour	3/4 cup light brown sugar
2 tsp Pumpkin Pie Spice	1 egg
1 tsp True Cinnamon	1 tsp vanilla extract
1/4 tsp salt	1 cup pumpkin puree
1/2 cup butter, softened	1/2 cup each: chocolate chips; butterscotch chips; & pecan pieces

Directions: Preheat oven to 350 degrees and spray a 9 x 9 inch baking pan. Mix together in a bowl the flour, spices and salt. In a separate bowl, mix until creamy the butter and sugar. Add the egg and vanilla, and then the flour mixture and pumpkin and mix until combined. Fold in the chocolate chips, butterscotch chips, and pecans chips. Spread the batter in the prepared baking pan. Bake in the preheated oven for 35 - 40 minutes or until a knife inserted into the middle of the pan comes out clean. Cool the blondies completely before slicing into small bars.