



BUTTERNUT SQUASH

4 Easy Cooking Methods!

Don't be intimidated by this silly looking squash! Butternut squash is loaded with vitamin A, C, E, potassium and fiber, so have fun with it this season! Here are 4 easy ways to cook it!

BAKE WHOLE

- Use a knife to poke holes all over the whole squash.
- Place your squash on a baking sheet lined with foil and transfer to an oven preheated to 400°F (200°C) for about 60 minutes.
- It should be fork tender when it's done.
- Once the squash is cooled to the touch, cut in half lengthwise.
- Use a spoon to scoop out the guts/seeds.
- Prepare cooked squash as desired.



HALVE & BAKE

- Cut the squash in half lengthwise BEFORE baking.
- Scoop out the guts and place each squash half on a baking sheet lined with foil. Brush on a little olive oil, and season with desired seasonings/spices.
- Bake in an oven preheated to 400°F (200°C) for about 25 minutes.
- It should be fork tender when it's done.
- Prepare cooked squash as desired.

PEEL, CUBE & BAKE

- Use a peeler or paring knife to peel the squash completely. Cut each end off, and then split the longer portion of the squash away from the larger part at the bottom.
- Cut the squash into discs about an inch thick, and then cut each disc into little butternut squash cubes.
- Slice the bottom portion in half and use a spoon to scoop out the guts. Slice each half width wise, and then slice each piece into cubes.
- Toss the squash cubes with a little olive oil and any seasonings you'd like. Mix to coat.
- Transfer the cubes onto a large baking sheet lined with foil, and bake in an oven preheated to 400°F (200°C) for about 30 minutes. Remove and enjoy!

MICROWAVE

- Use a fork or knife to poke holes all over the squash.
- Place in a microwave safe dish and microwave for 5 minutes.
- Remove, and, making sure it's cool to the touch, cut it in half lengthwise. Use a spoon to scoop out the guts.
- Place them cut side down onto a plate, and microwave once more for another 5-10 minutes. Remove when it is fork tender!

