

## What's Fresh:



# Butternut Squash

### Storage Tips:

Store whole in a cool & dark place at room temperature.

If only using half, wrap the other half in plastic wrap and store in the refrigerator.

### Don't have a peeler?

Butternut squash can be roasted or microwaved in its skin.

Use the directions below.

After cooking, scoop out the flesh or peel the skin away using a knife.

### Preparation Tips:

- ◆ Cut off the top and the bottom off the squash.
- ◆ **Peel the squash.** Use a vegetable peeler to remove the skin and reveal the orange flesh.
- ◆ **Cut the squash.** Lay the squash on its side and cut to separate the hollow "ball" at the bottom from the solid "tube" at the top. Cut each half in half again from top to bottom to make quarters. The "ball" contains the seeds.
- ◆ **De-seed the squash.** Scoop out the seeds with a spoon and discard.
- ◆ **Cube the squash.** Lay the squash quarters on the cutting board flat-side down. Cut into slices, then cubes of desired size.

## Ways to cook butternut squash:

- ◆ **Roast it (in cubes).** Preheat the oven to 400°F. Toss 1 butternut squash that has been peeled, seeded and cut into 1-inch cubes with 2 Tablespoons of oil. Place cubes in a single layer on a baking sheet. Roast, turning once halfway through, until the squash is tender and lightly browned— about 30-40 minutes. Season with salt & pepper. For extra flavor, toss the squash with 2 cloves of minced garlic OR 2 Tablespoons of brown sugar before roasting.



- ◆ **Roast it (in halves, skin on).** Preheat the oven to 400°F. Remove the top and bottom from the squash. Cut in half, lengthwise. Remove the seeds with a spoon. Rub the inside of each half with 1 teaspoon of oil or butter. Place the squash halves on a baking sheet flesh-side up. Bake for 35-45 minutes or until flesh is tender when poked with a fork. Season with salt and pepper. Scoop out the insides and serve! For a sweet variation, coat the squash with a tablespoon of maple syrup before roasting.
- ◆ **Microwave it.** To microwave whole, pierce the skin all over with a fork or knife to allow steam to escape. Microwave on high for 10 minutes (may take longer for larger squash). To microwave in halves, place them open-side down in a shallow dish. Microwave for 5-8 minutes or until tender. Let cool before handling. Scoop out the flesh and season to taste.

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