

Simply put - basic cooking instructions for winter squash



- Steam-bake:**
1. Cut squash in half, lengthwise
 2. Place cut side down into 9x13" glass baking dish
 3. Add 1/2 cup of water to dish
 4. Cover tightly with foil
 5. Cook 1 hour at 350°F
 6. Let squash cool before handling
 7. Remove seeds, finish how you prefer

- Bake:**
1. Cut squash in half, lengthwise
 2. Place cut side down on foil lined cooking sheet
 3. Bake at 400°F for 30-40 minutes

- Roast:**
1. Cut squash into 1/2" cubes
 2. Toss with oil, seasonings and then roast at 400°F for 35-40 minutes



1. Using a sharp knife, cut off both top and bottom of squash, cut in half lengthwise
 2. Remove seeds
- To Bake:**
3. Brush each cut side with oil, season to taste
 4. Place cut side down on a cooking sheet
 5. Bake at 375°F for 35-40 minutes, or until you can easily pierce flesh with a fork
 6. Let squash cool, tease out strands with a fork
- To Microwave:**
3. Place cut side down in a microwave safe dish
 4. Fill dish with 1" of water
 5. Microwave on high for 12 minutes or until you can easily pierce flesh with a fork
 6. Let squash cool, tease out strands with a fork



1. Cut squash in half lengthwise, scoop out seeds
 2. Cut a small portion of rounded sides so squash will sit flat when cooking
- To Bake:**
3. Place squash cut side up on a baking sheet, add ~1/4" of water to sheet
 4. Brush cut sides with butter or oil, season to taste
 5. Cook at 400°F for 60-75 minutes or until soft and tops are browned
- To Roast:**
5. Cook at 400°F for 45-60 minutes or until soft



1. Cut squash in half, remove seeds
2. Using a sharp knife, cut squash into 1" cubes
3. Toss with oil, season to taste
4. Roast at 400°F for 25-30 minutes or until soft

Bake the seeds!

Winter squash seeds are very much like pumpkin seeds. When preparing to cook the squash, save the seeds and later bake them for a healthy and delicious snack!