



How to Cook a Whole Squash

INGREDIENTS

- 1 Winter squash (butternut, acorn, kabocha, etc.)

DIRECTIONS

1. Preheat oven to 425°
2. Poke 5-6 holes in the squash with a knife or fork
3. Line oven safe pan or baking sheet with aluminum foil. Cook squash whole for 60-80 minutes until soft and slightly browned.
4. Let cool. Cut in half and scoop out seeds first. Then scoop out the remaining squash for use! Great mashed, pureed or used for soup!



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