

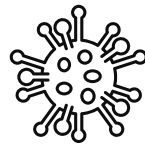
HOW TO COOK SQUASH



Why eat squash?



Good source of fiber which aids in digestion.



Rich in Vitamin C, good for fighting illness.



Rich in vitamin A, good for eyesight.



sweet dumpling



spaghetti squash



pattypan squash



sugar pumpkin



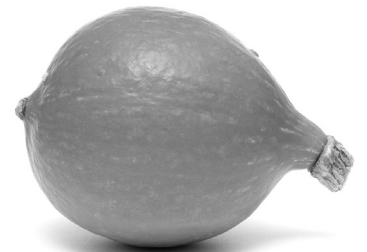
butternut squash



kabocha squash



acorn squash



red kuri squash

LOWCOUNTRY FOOD BANK

lowcountryfoodbank.org/nutrition

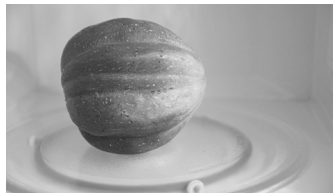
Poke & Microwave (10 minutes)

1. POKE WITH FORK



Use a fork to poke holes all over squash.

2. MICROWAVE



Place squash into microwave and cook on high for 10 minutes.

3. COOL & HALVE



Let squash cool. Slice in half lengthwise with a knife.

4. SCOOP OUT SEEDS



Use a spoon to scoop out the seeds. Squash is fully cooked and ready to use in a recipe or to eat as is.

Halve & Bake (40 minutes)

1. PREHEAT OVEN



Preheat oven to 400° F.

2. HALVE SQUASH



Use a knife to cut the squash in half lengthwise.

3. SCOOP OUT SEEDS



Use a spoon to scoop out the seeds.

4. BAKE



Place squash flesh-side down on baking sheet and cook for 35-40 minutes.

Dice & Bake (30 minutes)

1. PREHEAT OVEN



Preheat oven to 400° F and spray a sheet pan with non-stick spray.

2. PEEL SQUASH



Use a vegetable peeler to remove skin. Some skin may be left behind and is fine to eat.

3. HALVE & SCOOP



Cut the squash in half lengthwise, and scoop out seeds.

4. DICE SQUASH



Use a knife to slice squash lengthwise into strips. Then slice strips widthwise to create a dice.

5. BAKE



Add diced squash to a lightly oiled sheet pan and bake for 30 minutes.

Quick Tips

- Use squash in any recipe that calls for pumpkin.
- A sweet and creamy addition to soups or stews.
- The smaller you cut the squash, the faster it will cook.

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