HOW TO BREAK DOWN Winter Squash

BUTTERNUT SQUASH

Ready in: 10 to 12 minutes

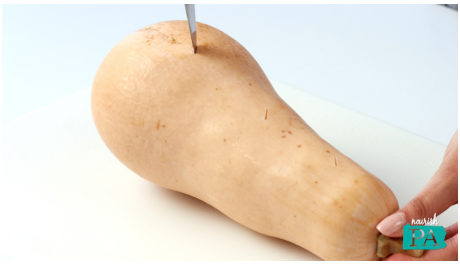
What you need:

- Sharp knife
- Peeler
- Microwave (optional)
- Butternut squash

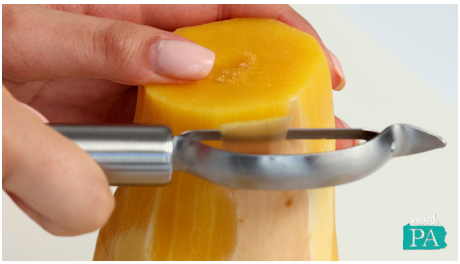
Directions

Tips

- To make peeling and cutting easier, use a knife to make small 1-inch cuts into squash skin. Microwave whole squash for 4 to 6 minutes to soften skin. Allow to cool enough to touch and follow step one.
- Butternut squash can be roasted, steamed, or sauteed on the stovetop, or even served warm in salads!



1. Cut off both ends of the squash with a sharp knife.
2. Cut squash in half, separating neck (smaller top piece) from base (bigger bottom piece).



3. Place neck of squash standing up on cutting board. While holding squash with one hand, use a peeler to peel away skin with the other hand. Do the same with the base of the squash.

4 Cut the base of the squash in half. Hold base half, and scoop seeds out using hands, or spoon. Do the same with the other half of the base.

5 Place the base of the squash cut side (flat) down on the cutting board. Slice base into half-moon shapes. Cut half-moons into cubes.

6 Place neck of squash standing up onto cutting board and cut in half.

7 Lay squash neck flat side down onto cutting board and cut into cubes.

Notes: _____

Scan the QR code with your smartphone to see this and other videos.

FEEDING PENNSYLVANIA

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