HOW TO BREAK DOWN Winter Squash

SPAGHETTI SQUASH

Ready in: 10 to 12 minutes

What you need:

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

Directions

Tips

- To make 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.
- Shred flesh of squash with fork and serve like pasta or rice.

1. Cut off both ends of squash with a sharp knife.

2. Cut squash from top to bottom. Press knife using both hands to cut squash in half.

3. Hold cut half and scoop seeds out using hands or spoon. Do the same with the other half.

4 Roast halves in oven at 400 degrees, cut side down for 40 to 50 minutes until a fork can poke through the skin.

Notes:

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

FEEDING PENNSYLVANIA

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