HOW TO BREAK DOWN Winter Squash

ACORN AND DELICATA SQUASH

Ready in: 10 to 12 minutes

What you need:

- Sharp knife
- Peeler
- Microwave (optional)
- Acorn or delicata squash

Directions

Tips

- To make cutting easier, microwave whole squash for 3 to 5 minutes to soften. Allow it to cool enough to touch and follow step one.
- Acorn squash is great when it's cut in half and stuffed with sausage, corn bread, rice and more! Bake until fork tender and enjoy!
- Delicata squash is great roasted whole with the skin-on. Remove seeds and slice into rounds. Toss in oil. Season with salt and pepper to taste, and roast until fork tender.

1. Cut both ends off with sharp knife.

2. Stand the squash up and cut down through the center (from top to bottom).

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

4 Slice halves of squash into rounds using knife, or use half the squash.

Notes:

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

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