

How to Cook Winter Squash

- Oven
 - o Bake a squash whole by piercing the skin with a knife in several places or by cutting it in half and removing the seeds and fibers. Place it whole or in halves with cut sides up, on an ungreased pan or dish. If baking halves, add about ¼" water to the pan. Dot squash halves with butter. Bake at 350°F for 45- 60 minutes, depending on the size. If whole, cut open and remove seeds and fibers after baking. Remove skin.
- Stove- Top
 - o Peel squash and cut into 1" cubes or slices. To boil – cover and cook in 1" boiling water 10- 15 minutes or until tender. To steam – place steamer basket in ½" water in saucepan or skillet; add squash. Cover tightly and heat to boiling; reduce heat to low. Steam cubes 7- 10 minutes, for slices 12- 15 minutes.
- Microwave
 - o Pierce whole squash (except spaghetti squash) with a knife in several places. Place on microwavable paper towel. Microwave uncovered 5 minutes or until squash feels warm to touch. Cut in half; remove seeds and fibers. Arrange halves, cut side down, in shallow microwavable dish. Cook 5- 8 minutes longer. Let stand for 5 minutes.

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