

## Microwave

- Wash and cut squash lengthwise (stem to tip instead of across the middle). Skin is hard to cut - cook on high 2 minutes before halving. Remove seeds.
- When squash is cooked whole, its thick skin should be pierced to allow the steam to escape.
- Place large squashes on plate or baking dish before cooking.
- Cook for 8 to 12 minutes, turning halfway through. Stand for 5 minutes. Larger varieties cook for 12 to 18 minutes.
- Cover halves tightly to hold moisture. If cooked whole turn over halfway through to avoid steam building up on the bottom.
- Larger squashes can be cut into 1/2 lb pieces and cooked 3 to 4 1/2 min for every lb.

## Roasting.

- Wash and chop squash up into 3/4 inch squares with or without skin, or wedges with skin on, or cut squash in half and slice into half inch slices with skin on.
- Place on rimmed baking sheet with oil salt and pepper, and your choice of flavor enhancers. Toss together.
- Spread in a single layer. Roast at 450 F for 35-40 minutes, tossing halfway through, or until brown and fork tender.

## Baking

- Wash and cut squash lengthwise (stem to tip instead of across the middle). Skin is hard to cut - microwave on high 2 minutes before halving. Remove seeds.
- Small squash can be baked in halves. Large squash should be cut into portion size.
- Place in baking dish, cut side down - flip over halfway through cooking. Brush with butter, brown sugar etc.
- Bake at 400 F for 1 hour or until tender.

## Steaming

- Wash, peel, remove seeds, and cut squash into 2-inch cubes or quarter squash and cook with the rind on. (Rind can be easily removed after cooking.)
- Bring one inch of water to a boil in a saucepan. Place squash on a rack or in a basket in the pan. Do not immerse squash in the water.
- Cover pan tightly and steam squash 30-40 minutes, or until tender.

### **Puree**

- Prepare squash as for roasting.
- Place cut pieces in greased, covered baking dish with some margarine or butter
- Cook at 400 for 1 hour, stirring occasionally, until tender.
- Mash with potato masher or process in food processor.
- Add flavourings as desired

### **Flavourings**

**Sweet** - in the cavity of each squash half place 1/4 tbsp of butter with a sprinkling of a tbsp of maple syrup or brown sugar. Cinnamon/nutmeg/cloves/ginger or allspice could also be sprinkled on top. For a moisture squash, apple cider or orange juice could be poured to fill the cavities of each squash.

**Savory** - in the cavity of each squash half, place 1/4 tbsp of butter or olive oil with or without a combination of herbs and spices which could include;- sage, onions, rosemary, garlic, basil, pepper, salt, fennel, and mustard seed. In the last 15 minutes of cooking sprinkle with 1 tbsp of bread crumbs combined with a sprinkle of parmesan cheese.

### **Spaghetti Squash**

#### Cut in half

Thoroughly wash and cut it in half (lengthwise) or in quarters. Don't cut up too small unless you want short strands

Scrape out seeds as you would with any squash or pumpkin.

**Bake** rind side up about 40 to 50 minutes at 375 F.

**Microwave** Place rind side up. Cook on high for 7 to 10 minutes (let stand for a few minutes afterwards)

**Boil** Place cut side down on about 3" of water and boil for 20 to 30 minutes.

Separate strands by running a fork down the length of the squash

#### Whole

Thoroughly wash and pierce squash several times with fork or sharp knife

**Bake** about an hour in oven at 375 F

**Microwave** 15 to 18 min, then let stand for 5 min

**Boil** for 30 to 40 min

**Slow Cooker** Put in with a cup of water and cook on low for 8 to 10 hrs

Remove seeds and separate strands by running a fork down the length of the squash.

Can be served with butter, salt and other seasonings or with a spaghetti sauce, marinara sauce or other tomato sauce.