

# How to cook Winter Squash

**Baking:** This method is popular because it accentuates the sweetness in winter squash. To bake, cut squash in half lengthwise and scoop out the seeds and strings. Place cut side down, in a baking pan covered with foil. Bake in a 400-degree oven for about 50 min. or until squash is soft. Squash can be turned, cut-side up, halfway thru baking. Unpeeled squash can be cooked whole as long as it is pierced well to vent steam.

**Boiling:** Put pieces of peeled squash in as little water as possible, bring to a boil and cook for about 15 minutes or until tender.

**Microwaving:** Place squash chunks or halves in a microwave-able dish and cook for about 10 minutes in high or until tender. Squash can also be cooked with a little liquid in a covered, vented, microwave-able container for about 8 minutes or tender.

**Steaming:** Place squash chunks or halves, peeled or unpeeled, in a steamer over boiling water and steam 20-25 minutes until tender.

**Frying:** Cut peeled squash into very thin slices, dip in tempura batter and fry in hot oil. The high heat brings out the sweetness of the squash.