Recipe for Roasted Squash

Use for any kind, such as butternut, buttercup, delicata, acorn, or pumpkin!

1. Preheat the oven to 400 degrees
2. Cut squash in half and scoop out seeds, rub every surface with olive oil, and then place cut side down on a baking tray
   *If you have difficulty cutting through the squash, place the whole thing in the oven for about 15 minutes to allow it to soften before cutting.
3. Bake in the oven for 30-60 minutes until a fork slides in easily. Time varies based on size, variety and ripeness so check regularly.
4. Cool then cut squash into sections and remove skin.

How to Use Your Squash:

1. Enjoy as a side dish (add protein with beans, nuts or pumpkin seeds, and sweeten with dried cranberries or apple chunks)
2. Make a complete meal in a fry pan starting with onions and peppers, adding beans, then the squash and maybe a fried egg on top!
3. Cool and add to green or grain salads
4. Add to a soup, chili or casserole
5. Cool and freeze in an air tight bag or container for future use