

## **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