



COOKING HARD SQUASH?
It's Easy!
WE'LL SHOW YOU HOW!

Microwave cooking: Poke whole squash in several places with a sharp knife to let steam escape. Place whole squash in microwave, cook on high for 10 minutes. If not fork tender, cook in 2-minute increments until easily pierced with fork. Using potholders, remove squash from microwave, cut in half lengthwise, scoop out seeds.

Butternut Squash Soup

Ingredients:

- 1 cooked butternut squash
- 2 tbsp olive oil
- 1/2 cup chopped yellow onion
- 4 cloves of minced garlic
- 1/8 tsp ground nutmeg
- 1 tsp chili powder
- 1 tsp salt
- 4 cups vegetable broth
- 1 tsp of maple syrup

Directions:

In a large soup pot, saute the onions and garlic until caramelized, about 10 minutes. Scoop the cooked butternut squash out of the skin and into a blender. Combine the cooked onions & garlic and all remaining ingredients into the blender. Blend until smooth, then transfer back into the pot and heat through. Garnish with freshly ground black pepper and roasted pumpkin seeds.



How - to - Hard Squash

L&M's How-to-Hard-Squash program offers attractive 3-panel labels with easy-to-make recipes inside. The labels also include the convenient microwave cooking instructions shown above. It's our goal to take the "hard" out of hard squash.

L&M offers labels and bags for hard squash, in-store signage, meet your grower events, recipe and prep cards to give your customers confidence in choosing hard squash. We also offer programs for specialty squashes, pumpkins and ornamentals.

