



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 mins. If not fork tender, cook in 2-min increments until easily pierced with fork. Using potholders, remove squash from microwave, cut in half, scoop out seeds. Fill centers with your favorite chili or casserole for a sweet twist on your favorite classics.

Acorn Squash Chili Bowls

Ingredients:

- 2 acorn squashes
- 1 tbsp olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 2 cloves garlic, minced
- 1 tbsp cumin powder
- 1 tbsp chili powder
- 1 (15 oz) can each of crushed tomatoes, kidney beans, black beans & yellow corn
- salt & pepper to taste

Directions:

Cook the acorn squash in the microwave. Cut in half and scoop out seeds. Set aside. Prepare the chili: on medium heat, sauté the onion, bell pepper and 2 cloves of garlic in olive oil until onions are translucent. Mix in the crushed tomatoes, kidney beans, black beans, yellow corn, chili powder, cumin and salt & pepper. Cook on medium low heat until heated through, stirring often (about 12 minutes). Set the cut squash bowls on a small plate or dish. Spoon the chili into the cavity of the squash. Garnish with sour cream, cheese or avocado and serve.



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.

