



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.

Simply Roasted Butternut Squash

Ingredients:

- 1 butternut squash
- 1 tbsp olive oil
- 2 cloves minced garlic
- Salt & pepper to taste
- 1 tsp dried rosemary (optional)

Directions:

Preheat the oven to 400° F. To make easier to peel, poke whole squash in several places with a sharp knife to let steam escape. Place whole squash in microwave, cook on high for 4 minutes. Carefully remove squash from microwave and place on a cutting board. Use a vegetable peeler to peel the thick skin off the squash. Cut in half lengthwise and spoon out the seeds. Dice squash into 1 inch pieces. Toss with 1 tbsp olive oil, 2 cloves minced garlic, salt & pepper, and rosemary if using. Arrange squash in an even layer on a lined baking sheet. Bake at 400 degrees until squash is tender and lightly browned, 20 - 30 minutes.



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.

