



Microwave cooking: Poke several times with a sharp knife to let steam escape. Place whole squash in microwave and cook 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 and scoop out seeds. Use a fork to separate the strands.

Spaghetti Squash with Pesto

Ingredients:

- 2 cups tightly packed basil
- 1/3 cup raw walnuts or pine nuts
- 1/2 cup extra virgin olive oil
- 3 cloves of garlic
- 1/2 tsp lemon juice
- 1/4 tsp salt
- healthy pinch of black pepper
- 3 tbsp Parmesan cheese

Directions:

Blend all ingredients except the oil in a blender. Once well combined, let the blender continue to run and slowly drizzle oil into the port of the blender. When smooth, pour over cooked spaghetti squash 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.

