



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 and Cranberry Salad

Ingredients:

- 1 cooked and cubed acorn squash
- 1 cup cooked quinoa
- 4 cups washed baby spinach
- 1 cup dried cranberries
- 1/2 cup chopped walnuts
- 1/2 cup crumbled feta
- drizzle of balsamic vinegar and olive oil

Directions:

Toss all ingredients in a large salad bowl and drizzle with balsamic vinegar and olive oil.



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.

