



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

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.

Italian Baked Spaghetti Squash

Ingredients:

- 1 cooked spaghetti squash
- 1 tbsp olive oil
- 2 cloves minced garlic
- 1/2 lb Italian sausage, casing removed
- 1 cup marinara sauce
- 1 cup mozzarella cheese
- Salt to taste
- Healthy pinch of black pepper

Directions:

Separate the strands of the cooked squash, leaving it in the skins & set aside. Heat the oil in a large pan over medium heat. Sauté the garlic until fragrant, about 2 minutes. Remove the sausage from the casing and add to the pan. Crumble and sauté until browned and no pink is left. Turn off the heat and stir in the marinara and half the mozzarella. Divide the mixture between the two spaghetti squash halves. Top each with the remaining mozzarella and broil in the oven until cheese is slightly browned and bubbly, about 5 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.

