



RECIPES

Butternut Squash Fries

1/2 butternut squash
Salt

Preheat the oven to 425°.
Peel and de-seed the squash.
Cut into fry shapes and place onto greased baking sheet.
Lightly sprinkle salt over fries.
Bake for 40 minutes, flipping them at 20 minutes. Fries are done when they start to get brown on the edges.
Eat them the way you eat regular fries.

Squash and Corn Chowder

2 T olive oil
1 C onion, chopped
1 medium butternut squash, cut into 1" cubes*
2 medium red potatoes, scrubbed & diced
vegetable stock or water
2 bay leaves
1/2 t thyme
1/2 t savory (optional)
3 C corn (frozen or fresh)
1 C skim milk
salt & pepper to taste

In a large, heavy-bottomed soup pot, sauté onion in oil for 5 minutes; add potatoes and squash. Add stock or water to barely cover vegetables and bring to boil. Add seasonings, reduce heat, and simmer until tender (20-25 minutes) with the lid on. Remove 2 C of solids - mash and return to pot. Add corn, heat through. Add milk, salt & pepper; heat gently. Add water or milk to adjust consistency if needed. Remove bay leaves and serve immediately.

Garnish with a sprinkle of paprika, croutons, sliced green onions, or grated cheddar cheese if desired.

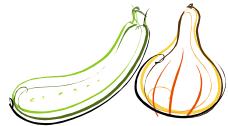
Roasted Winter Squash Seeds

Winter squash seeds
Your choice of seasoning
Olive oil

Preheat the oven to 350°.
Pick off the squash strands from the seeds. They don't really need to be rinsed, but you can if you want.
Mix the seeds with some olive oil and whatever seasoning you like. You may want to try these for different flavors:

- Salt
- Salt and pepper
- Cinnamon for a sweet seed
- Cumin, for a Mexican-style seed
- Oregano, basil, and/or thyme for an Italian-style seed

Cook for about 15 minutes.



Squash a new vegetable into your meals.



Types	Choose it.	Use it.	Cut it.

Notes:



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