

7. 1 inch cubes cook faster than whole squash



## 5 Ways to Bake Butternut Squash

**1. Steam-bake:** Cut the squash in half on the long side. Place the squash, cut side down, into a baking dish. Add ½ cup of water to the baking dish, then cover tightly with foil. Bake at 350° F for one hour. Remove from oven and let cool slightly. Flip the squash over and scoop out the seeds and strings and throw away. Finally, scoop out the orange flesh and mash with butter, brown sugar or honey, and cinnamon. Steam-baking is also a great way to make butternut squash baby food.

**2. Roast:** Slice the butternut squash into ½ inch thick half moon slices, or peel and dice the squash. Toss it with some oil, honey and cinnamon and roast at 400 F for 35 to 40 minutes.

**3. Peel, then boil:** Peel the squash and remove the seeds (see above). Dice the flesh and boil for 15 to 20 minutes, or until soft.

**4. Microwave:** Butternut squash can be cooked whole in the microwave. Poke the skin with a fork flesh to allow steam to escape as it cooks through. A medium sized squash will take about 10 minutes to cook in the microwave. Remove carefully- it will be very hot!! Let cool before touching and scooping out the seeds and strings. Then, scoop out the orange flesh and enjoy!

**5. Bake:** Cut the butternut squash in half on the long side and place cut side down on a foil lined baking sheet. Bake at 400 F for 30 to 40 minutes. The squash will be soft and tender when it has cooked through.

Adapted from [www.toriavey.com](http://www.toriavey.com) and [www.scjohnson.com](http://www.scjohnson.com)