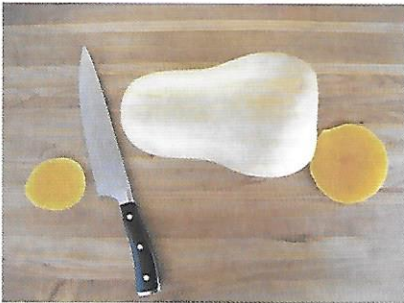


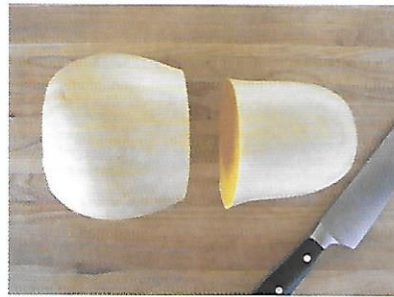
How to Cut and Peel Squash

Note: If your hands are not very strong, or you don't have a sharp knife or peeler, you can microwave the squash before you begin peeling to make it easier. Poke the squash a few times with a fork, then microwave for 2 minutes. This will soften the skin and make the peeling easier.

1. Slice off the stem and bottom ends of the squash, so that both ends are flat.



2. Slice the squash in half, just where the thinner end starts to get bigger.



3. Turn each half so the flat end rests against the cutting board. Use a sharp knife or peeler to peel the skin off.



4. You will notice light green lines under the peel. You will want to peel those away—they can be tough and chewy.



5. Once both halves are peeled, slice the fatter side in half. Scoop out the seeds.



6. Now you have 3 sections of squash, which you can slice or dice how you like!

