



Fun With Winter Squash!



Try this at home:

You can freeze cooked squash to use later in soups or other dishes!



Glazed Squash



Ingredients

- 2 pounds of **winter squash**
- 3 Tablespoons **brown sugar**
- $\frac{1}{4}$ teaspoon each **salt** and **pepper**

Directions

1. Preheat oven to 400 degrees F.
2. Line a baking pan with foil and lightly grease the foil.
3. Cut squash into $\frac{3}{4}$ -inch slices. Remove seeds and fibers.
4. Lay the squash slices in a single layer in the pan.
5. Mix brown sugar with salt and pepper. Sprinkle half of the mixture on the squash.
6. Bake about 4 to 6 minutes, turn squash over and sprinkle with the rest of the mixture. Bake until tender, about 15 to 20 minutes.
7. Refrigerate leftovers within 2 hours.

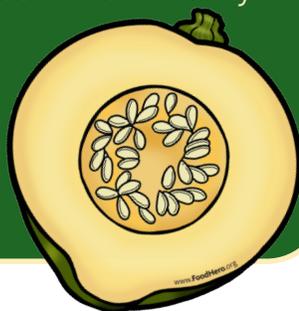
Did you know?

The skin of a squash is called the rind! You can store winter squash for up to 3 months, because the tough rind protects the squash!



Squash Seeds

You can eat the seeds in winter squash. Clean, lightly salt and roast at 400 degrees F. Watch closely!



Kids Can!

Food Hero Cooking Class Challenge

Try using spaghetti squash instead of noodles with your spaghetti sauce. It's a great pasta substitute!



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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