

# *So many* **WAYS TO SQUASH**



## **SPAGHETTI SQUASH**

CUT IN HALF AND BAKE AT 400F CUT-SIDE DOWN FOR ABOUT 40 MINUTES. SERVE LONG YELLOW STRANDS AS YOU WOULD SPAGHETTI NOODLES!



## **BUTTERNUT SQUASH**

THE MOST VERSATILE SQUASH! SWEET, NUTTY AND EASY-TO-PEEL MAKES THE BUTTERNUT A GO-TO. PERFECT FOR SOUPS.



## **BUTTERCUP SQUASH**

ONE OF THE SWEETEST WINTER SQUASH, BUT ALSO DRY. TO BRING OUT THE MOISTURE, STEAM OR COVER TO BAKE. ROAST THE SEEDS AS YOU WOULD PUMPKIN FOR A DELICIOUS SNACK!



## **HUBBARD SQUASH**

THESE GUYS ARE ENORMOUS AND HAVE A NUTTY, BUTTERY TASTE WHEN ROASTED. GREAT FOR BIG FAMILY CELEBRATIONS!



## **DELICATA SQUASH**

CREAMY PULP WITH A SWEET POTATO TASTE. GREAT STUFFED AND BAKED AT 425F UNTIL FLESH IS TENDER.

## **ACORN SQUASH**

PERFECT BAKED OR ROASTED, THEY HAVE A BOWL SHAPE WHEN HALVED, MAKING THEM PERFECT TO STUFF.



## **KABOCHA SQUASH**

SWEETER, DRIER AND LESS FIBROUS THAN OTHER WINTER SQUASH, IT'S GOT THE TEXTURE OF CHESTNUT AND A TASTE BETWEEN SWEET POTATO AND PUMPKIN. WONDERFUL ROASTED OR IN SOUPS.



**FOR MORE DELICIOUS RECIPES AND TIPS, VISIT:**

Butternut squash Steak: <https://thesweetpotato.ca/sweetmeals/butternut-squash-steak/>

Roasted Maple Delicata Squash: <https://thesweetpotato.ca/sweetmeals/roasted-maple-delicata-squash/>

**THE SWEET  
POTATO** 