

# What to do with winter squash (butternut, acorn and spaghetti)

*By Schmitt Family Farm*

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1. Wash your squash and pierce with a knife (like a baked potato)
2. Place whole in microwave depending on size from 5 to 10 minutes
3. Let cool slightly to handle
4. Cut open and do as follows:
5. For Acorn and butternut squash: Scoop seeds out of each half. Spread butter and sprinkle with brown sugar or parmesan cheese, salt and pepper. You can place in microwave for 3 minutes or you can bake in oven for a ½ hour at 350 degrees (if you like it a little brown).
6. For Spaghetti Squash: cut in half and scoop out insides. Mix in butter or olive oil, salt and pepper and parmesan cheese (or brown sugar if you prefer). Scoop back in shell and microwave for 5 minutes. I like to scoop out insides into a sauté pan and add olive oil and/or butter with a little onion or garlic and sauté until heated through. After this anything you would like to add is up to you. I like grape tomatoes, mushroom, spinach, shrimp, sausage or meatballs with sauce.  
It is sooo good!