

# Microwave Winter Squash

- Heather Morrill, Portland Farmers Market

## INGREDIENTS

Winter squash of your choice!

*Delicata and Black Futsu have edible skins.*

*Acorn, Butternut, Honeynut, and Pumpkin do not have edible skins.*

## DIRECTIONS

Rinse off any dirt.

Cut off top 1/2 inch of squash with stem, then carefully cut the squash in half.

Scoop out the seeds.

Lay the squash cut side down on a *microwave safe dish*.

Carefully poke the squash 5-6 times about 1/2 inch deep either with a fork, or with a sharp knife.

Pour just enough water on squash to "seal" the edges under the water.

Cook on high in 3-minute intervals until completely softened and cooked through, about 3 to 6 minutes for half a delicata squash.

You should be able to easily pierce the skin of the squash with a fork.

Cook times will vary depending upon the size and variety of squash—a thicker skinned squash, like acorn, can be cooked in 5-minute intervals.

Enjoy with a little butter and salt, or a drizzle of maple syrup!

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