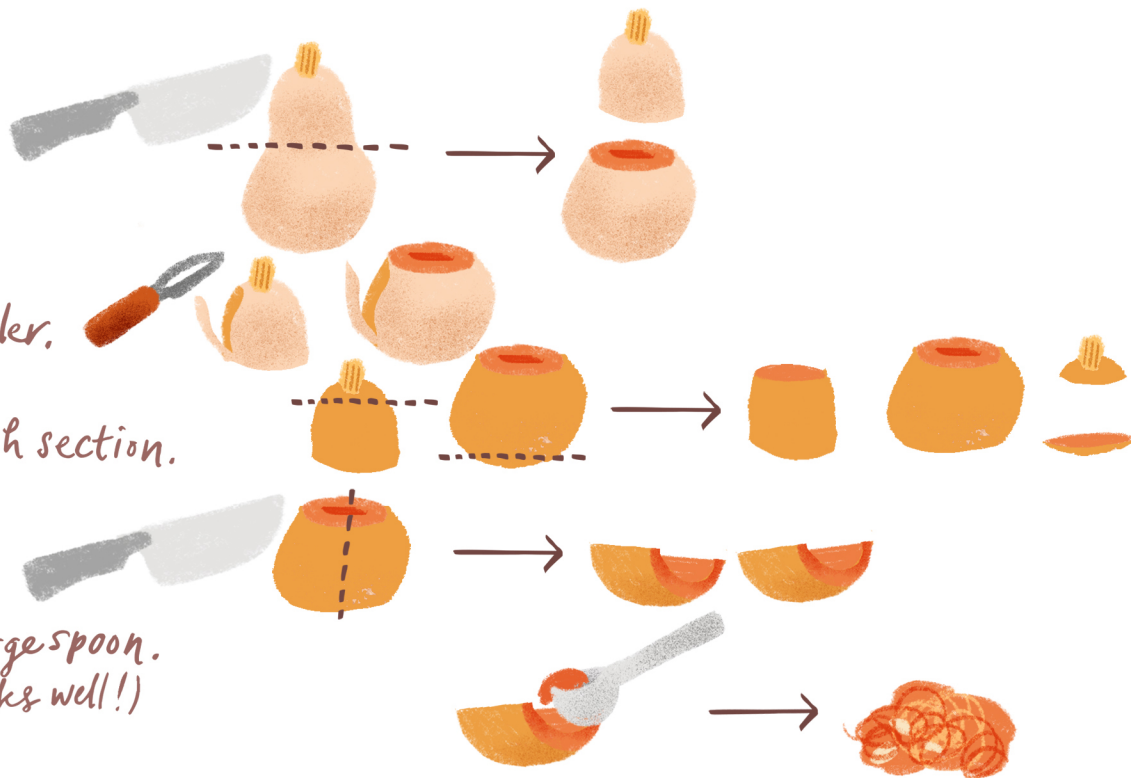
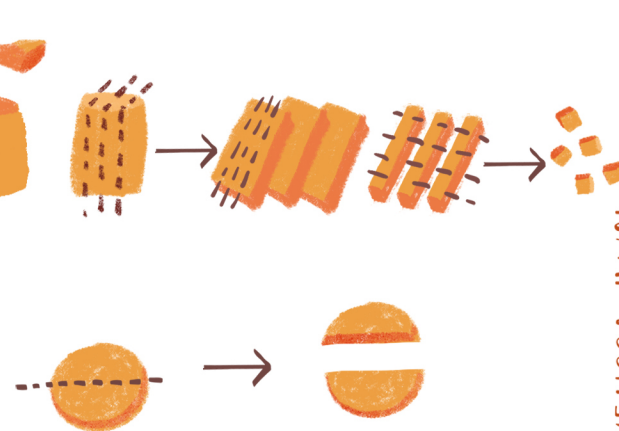


# How to CUT and PREP Butternut Squash

1. **WASH** exterior.
2. **CUT** top narrow section off.
3. **PEEL** both pieces with a peeler.
4. **TRIM** stem and bottom of each section.
5. **CUT** rounder section in half.
6. **SCOOP** out seeds with a large spoon.  
(an ice cream scoop works well!)  
Save to toast later.
7. **CUT** each half into U-shaped slices, then into cubes.



8. **CUT** top section into slats, then bars, then cubes.



If you'd like to roast slices instead of cubes, don't cut slices into cubes at **STEP 7**. At **STEP 8**, slice top section into round slices or semi-circle slices.

# TOASTED Butternut Squash SEEDS

1. **PREHEAT** oven or toaster oven to 400°F.
2. **LINE** bakingsheet with parchment.
3. **PICK OUT** seeds from pulp.
4. **PLACE** seeds in a bowl of water; remove excess pulp.
5. **STRAIN** and rinse in a strainer.
6. **TRANSFER** to a clean bowl.
7. **TOSS** with 1 Tablespoon olive oil.
8. **ROAST** in oven, watching closely for about 7 minutes. **STIR**.
9. **REMOVE** from oven. Sprinkle with salt and let cool a bit.
10. **EAT!**

