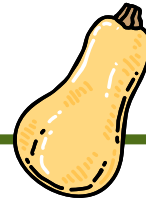


BUTTERNUT SQUASH FRIES

A Mobile Market Recipe

THE
Open
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FOODPANTRY.org



Makes: 4-6 Servings

Ingredients:

1 Butternut Squash
1-2 Tbsp. olive or vegetable oil
Salt to taste



Instructions:

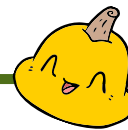
1. Preheat the oven to 450F.
2. Peel the squash, cut off the ends, and cut it in half lengthways. Scoop out the seeds and then cut each half into fries or wedges.
3. Toss the fries in oil and then place in a single layer onto a baking tray. Sprinkle with salt.
4. Bake for 20-35 minutes (depending on the size of your fries) turning once, until the edges are crispy and golden.

Recipe adapted from myfussy eater.com

BUTTERNUT SQUASH & SPINACH QUESADILLAS

A Mobile Market Recipe

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FOODPANTRY.org



Makes: 4 Servings

Ingredients:

8 tortillas (6-8 inches)
1 Tbsp. olive or vegetable oil
2 cups diced butternut squash
2 cups torn baby spinach
2 cups shredded cheese

Instructions:

Heat the oil over medium-high heat. Add the squash and cook for 5-7 minutes, until fork-tender. Add the spinach and cook for 3 minutes more, until wilted. Remove from heat. In a clean pan over medium heat place one tortilla. Spread: $\frac{1}{4}$ cup cheese, $\frac{1}{2}$ cup of the butternut & spinach, then another $\frac{1}{4}$ cup cheese and top with a second tortilla. Flip when bottom tortilla is toasted and cheese is melted. Remove from pan when fully toasted and melty. Repeat.

Recipe adapted from The Pioneer Woman, via www.dinner-mom.com



HOW TO PREPARE BUTTERNUT SQUASH

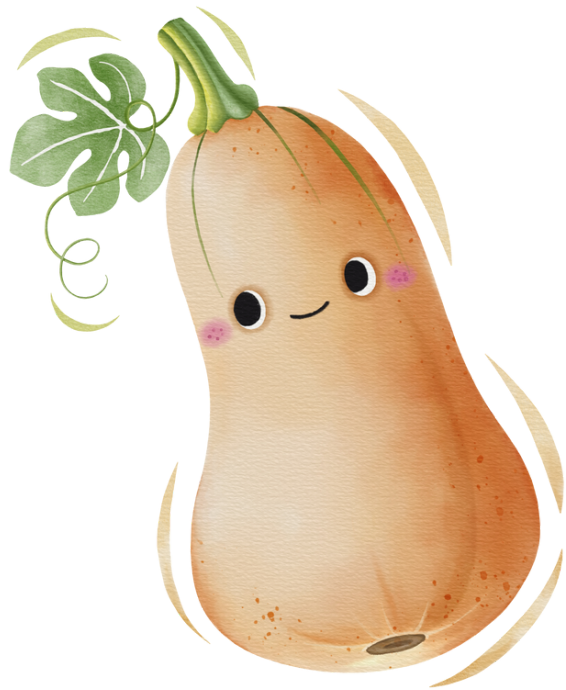


A Mobile Market Recipe

Makes: various servings

Ingredients:

Butternut squash
Cooking oil (such as olive)
Salt



Roasted seeds:

Preheat oven to 300F. Rinse the seeds and separate them from the strings. Blot dry with a paper towel. Spread the seeds on a baking sheet, drizzle with olive oil and a sprinkle of salt, and stir to coat evenly. Bake for 25-30 minutes, until dry and crispy.

Overview:

There are many ways to prepare and cook butternut squash. It can be baked, roasted, sauteed, steamed or boiled. Also, you can roast the seeds!

You can mash or puree it, or cut it up and roast it. Add it to almost anything: soups, stews, sauces, curries, casseroles, baked goods, salads, pasta, grain dishes, etc.

Methods:

Baked:

Cut the butternut in half lengthwise, and scoop out the seeds. Place the squash on a baking sheet (face up or down) and bake at 375F for 50-60 minutes. Slice & serve, or mash/puree.

Roasted:

Peel the squash, cut off the ends, and cut into desired sized pieces, scooping out the seeds & strings. Toss cut squash with cooking oil, season with salt, and roast until caramelized and tender - about 25 -30 minutes at 425F.

Boiled:

Add peeled cut squash (no bigger than 2-inches) to boiling water and cook until tender, 7-10 minutes.

See other side for recipes!