

# How to Cook a Butternut Squash



1. Preheat the oven to 350 F. Cut the end off the butternut squash.



2. Cut in half lengthwise.



3. Scoop out the seeds.



4. Place the cut side of the squash down on a baking sheet. Roast at 350 F for 45min - 1 hour, until tender. A fork should easily pierce the skin.



5. When tender, remove from the oven, allow to cool and scoop out the pulp. At this point you may eat the butternut squash as is with butter, use in another recipe or place in freezer containers and freeze for later use.