



🕒 Prep: 15 minutes
🕒 Cook Time: 20-30 minutes
🍴 Serves: Many

Roasting Squash

Roasted Squash is a classic side dish beloved in the winter due to their ease of storage. In this video Allyson talks about the differences between winter and summer squashes, and how you can roast both of them to work in a variety of different meals.



Ingredients

Squash of choice
Optional:
Olive oil
Salt & pepper

Equipment

Knife
Cutting board
Medium mixing bowl
Sheet pans (3)
Parchment paper
Freezer bags (quart size)
Spatula

Method

- 🍃 Preheat oven to 400 degrees F.
- 🍃 Using a sharp knife, carefully cut squash in half.
- 🍃 Remove seeds and reserve to roast later.
- 🍃 Place squash halves on baking sheet lined with parchment paper (optional).
- 🍃 Bake, checking for doneness after about 20 minutes.

Notes

- 🍃 To check doneness, pierce the edible part of the squash with a fork. If fork goes in easily, squash is done.
- 🍃 If you wish to puree the squash, cook until the flesh is easily mashed with a fork.
- 🍃 To peel squash that will be cubed, cut squash into multiple slices, sections or wedges. Slide a knife between the flesh and skin to peel, then cut into desired size.
- 🍃 To roast seeds: wash to remove pulp from seeds, pat dry. Toss with olive oil, salt and pepper to taste. Watching closely, toast in hot oven until just browned and barely toasted, 5-10 minutes.



Watch the Video

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