



## HEALTHY FOOD IN A **SNAP**

ACORN SQUASH 2.5 WAYS



Did you know? All fruits and vegetables can be purchased with SNAP Benefits  
Find out more at: [www.urbanharvest.org/famers-markets/SNAP](http://www.urbanharvest.org/famers-markets/SNAP)



## ACORN SQUASH 2.5 WAYS

### INGREDIENTS

- 1 acorn squash
- 2-3 tablespoons oil
- Salt to taste

### INSTRUCTIONS

1. Peel and cut squash in half. Remove seeds and pulp, set aside.
2. Cube squash to your preferred size, approximately ½ inch pieces.
3. Sauté cubes in oil on medium heat for 15-20 minutes, or until each cube is soft throughout and slightly browned.
4. Add salt once the cubes begin to brown. Serve as is, or proceed to mash cubes into mashed squash!
5. Add butter, cinnamon and honey to taste.

### INGREDIENTS

- ½ tablespoon oil
- Salt to taste
- Seasonings, herbs, garlic optional

### INSTRUCTIONS

1. Cover raw seeds and pulp in a jar of water. 2. Allow to ferment for 3-4 days. This will break down the gooey coating on the seeds.
3. Once fermented, strain out seeds and wash with fresh water. Pat dry and set out for one day.
4. Once seeds are dry and “snap” when broken, save the biggest ones for next year’s garden.
5. Coat the rest in oil, salt, and optional seasonings.
6. Bake at 300F for 45 minutes, or until golden brown.