



Autumn Recipe

Hassle-Free Baked Whole Winter Squash

All varieties of squash—buttercup, acorn, butternut, kabocha, sweetmeat, sweet dumpling, delicata, etc.—can be baked whole for a concentrated sweet taste that is good for the body, especially the pancreas. The result is a more luscious-tasting vegetable when compared with steaming.

Also, by following this simple preparation method, you avoid the work of having to cut into the hard shell. A medium-size 2-pound squash bakes soft in about an hour in a 450° oven. There's no need to pierce the squash...it won't explode. When soft, allow squash to cool somewhat before slicing, mashing, or peeling for use in puréed soups.

To cut time in half, with smaller squashes, cut squash in half lengthwise and scoop out and discard the seeds. Bake squash cut-side-down, on a baking sheet lined with parchment paper (or lightly brush cut sides of squash with oil), until tender when pierced with a knife.