

The Growing Scene, Inc

**Garden Center-Landscaping-Farmstand
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From Grandpa's Garden to Grandma's Kitchen...

GRANDMA'S RECIPE BOOK

Baked Butternut Squash

Cut squash in half, remove seeds. Place in baking dish skin side up in about 1" of water. Bake at 350 degrees for 40 minutes or until tender. Remove from oven and fill each cavity with 1 Tbs. brown sugar, 1 tsp. butter, salt and pepper to taste. Continue to bake for 10 minutes.

Variation: Bake as directed; fill each cavity with brown sugar and seasoned sausage. Return to oven, bake 20 minutes.

Microwave: Prepare as directed. Setting on high for 4 - 6 minutes or until tender, fill as above, return for 2 minutes.

Diet: Bake as directed, salt lightly and serve.

Acorn Squash

Microwave: Cook whole. Pierce skin with sharp knife in several places. Cook on high 6 - 8 minutes per pound. Let stand 5 minutes. Cut in half, remove seeds. Fill cavity with butter, brown sugar, salt and pepper to taste. Try filling the cavity with one of the following: cooked sausage, pecans or walnuts.

Spaghetti Squash

The Dieter's Pasta

Cut squash in half. Remove seeds, and then bake upside down, on a foil lined cookie sheet at 350 degrees for 45 minutes. Skin should be tender. String the strands of squash out of the shell with a fork. Season to taste with salt, pepper, Parmesan cheese or red sauce. Delicious and only 70 calories per serving.