



butternut squash

Enjoy fresh squash this fall.

**A good source of fiber, potassium and magnesium,
and an excellent source of vitamins A and C.**

Choose squash that is heavy for its size.

Store in a cool dark place for up to a month.

Bake it!

Cut squash in half, remove seeds and rinse.

Place squash on a baking sheet. Bake in a 350° oven for 60 minutes or until soft.

Top squash with a little butter, salt and black pepper.



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