nubites™ No. 433

nutrition tips for today's families

simply mashed squash

1. Place the large pieces of squash on a metal baking sheet.
2. Bake in a 400°F oven for 45 to 60 minutes or until tender.
3. Remove the cooked squash from the peel. Mash and season with a little butter, salt and black pepper.

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nutrition tips for today's families en Español

puré simple de zapallo

1. Coloca los trozos grandes de calabaza en una placa metálica para horno.
2. Hornea a 400°F/200° C durante 45 a 60 minutos o hasta que estén tiernos.
3. Retira la calabaza cocida de la cáscara. Aplástala y condiméntala con un poco de manteca, sal y pimienta negra.

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