

# HOW TO COOK Squash

A versatile and affordable vegetable, squash is typically categorized into summer and winter varieties. Summer squash includes all colours of zucchini and has a subtle taste and tender texture when cooked. Winter squash comes in a variety of shapes, sizes and colours; it's harvested in late summer to early fall and is flavourful and hearty. The best part? You can substitute squashes for one another in most recipes (just choose from within the same variety, whether summer or winter).

## ACORN

A small winter variety named for its resemblance to an acorn, this squash has a sweet, pale orange flesh and edible hard skin.

### CLASSIC



**1** Halved, baked and stuffed with rice or cheese

### CLASSIC



**2** Cubed and tossed with oil and pumpkin pie spice, then baked

### UNEXPECTED



**3** Sliced thinly, dipped in tempura batter and deep-fried

## BUTTERNUT

Known for its sweet, nutty and buttery flavour, this type has an inedible hard skin.

### CLASSIC



**1** Puréed into the classic creamy soup and drizzled with balsamic vinegar

### UNEXPECTED



**2** Diced and boiled, then combined with sautéed onions, goat cheese and toasted walnuts in a baked pasta

### UNEXPECTED

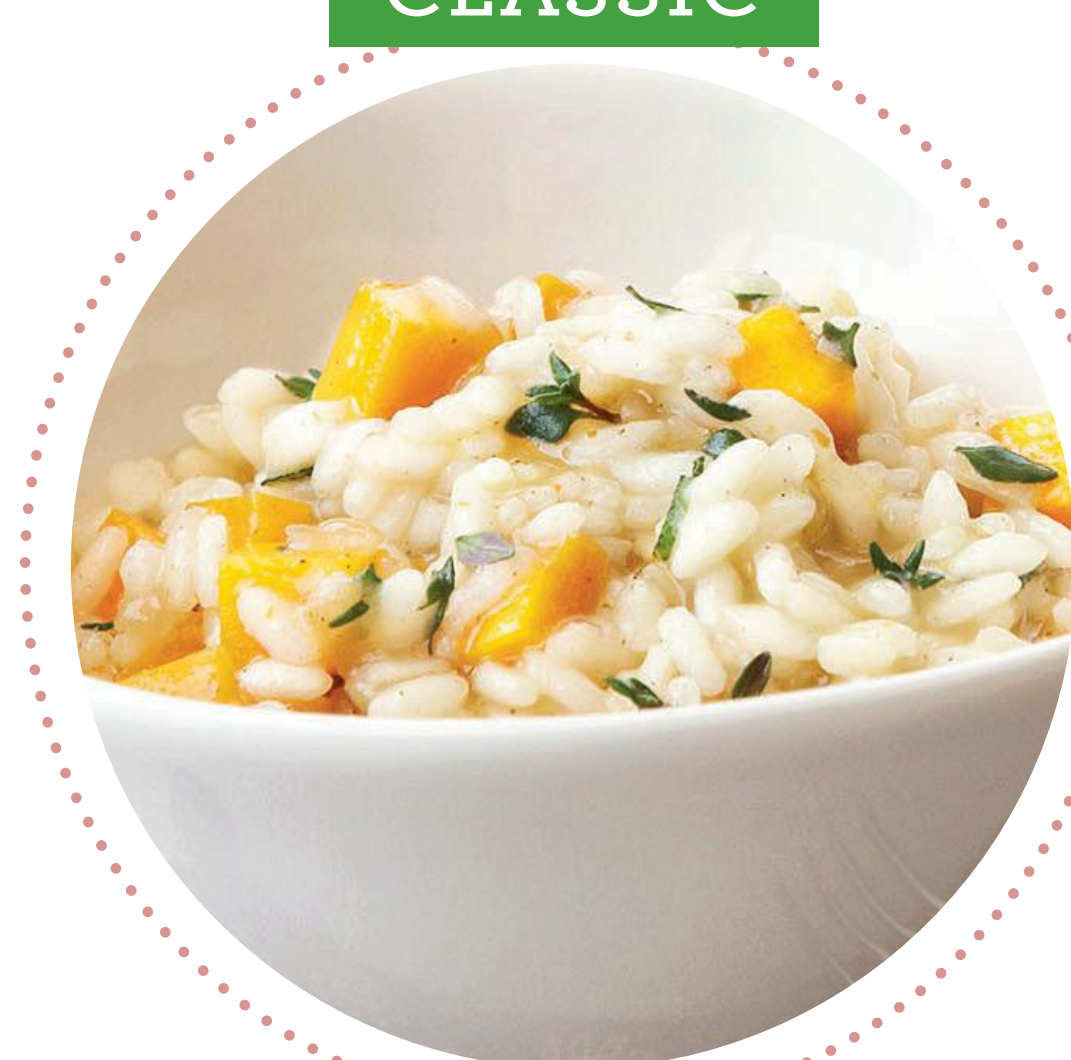


**3** Peeled, seeded and grated, then folded into muffin batter

## PIE PUMPKIN

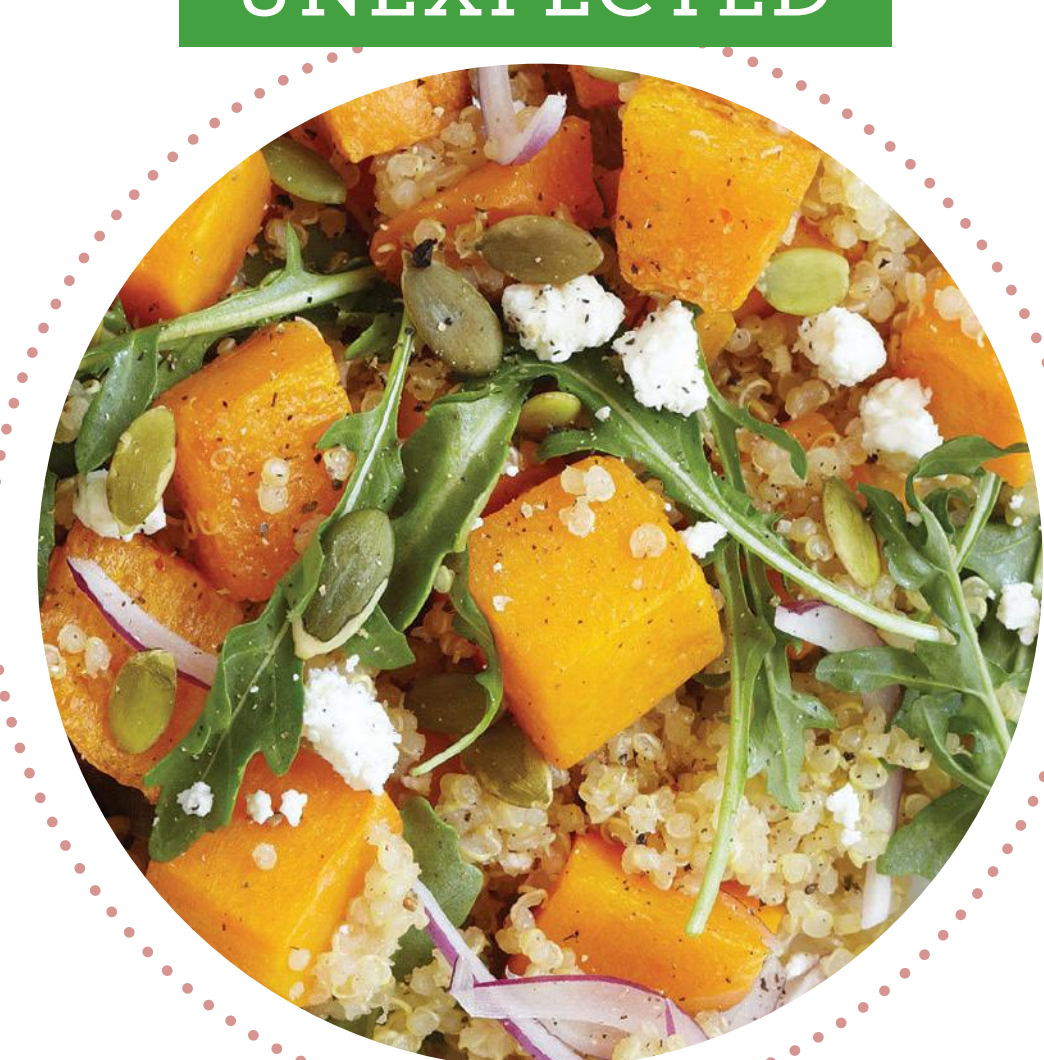
Pie pumpkins are small, with edible hard skin and tender flesh that has a candy-like sweetness. Note that pie pumpkins are different from the jack-o'-lantern variety, which are for decorative use only and not suitable for cooking.

### CLASSIC



**1** Cooked in risotto, spiced with cumin, chili powder, sage and thyme

### UNEXPECTED



**2** Roasted and cubed, then combined with arugula and crumbled goat cheese in a quinoa salad

### UNEXPECTED

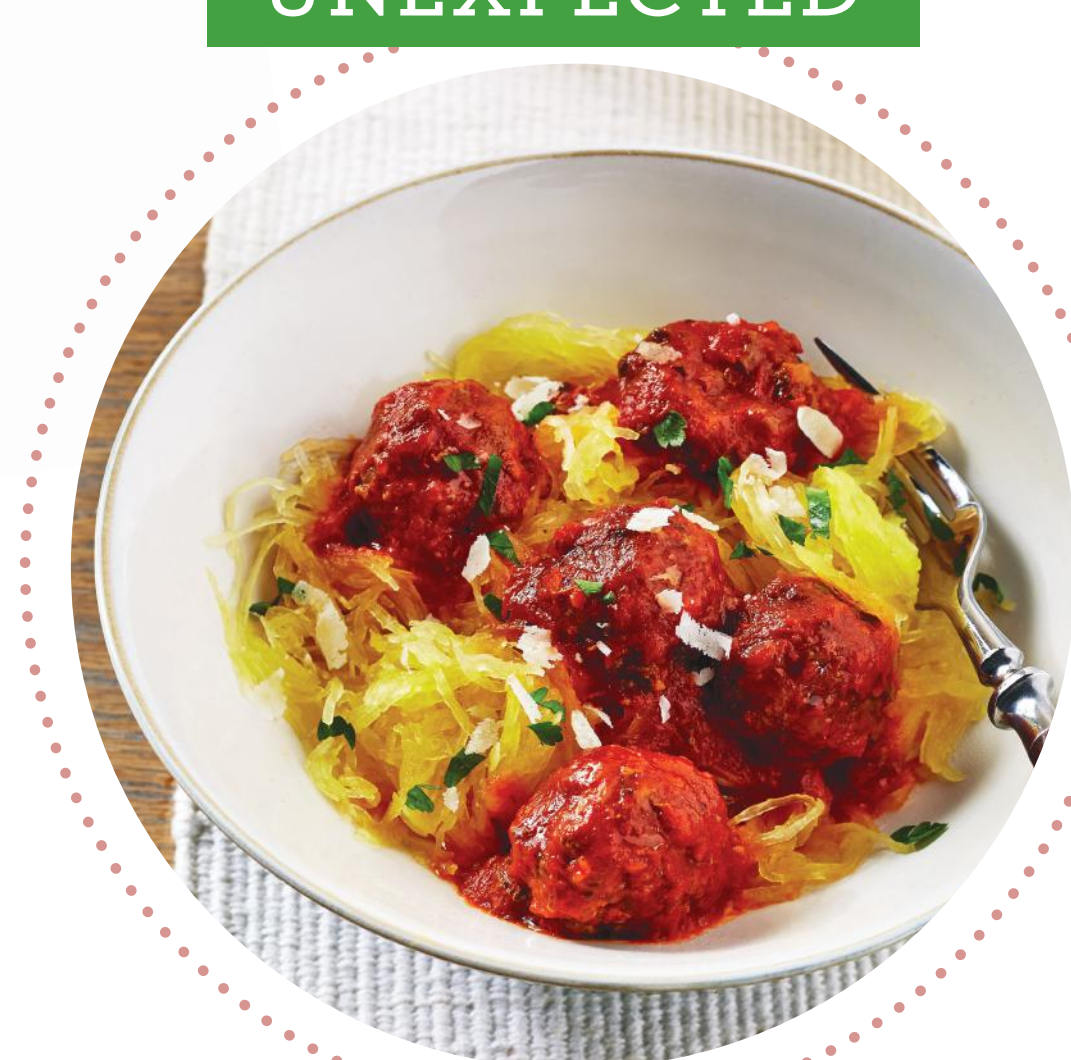


**3** Cooked in a pumpkin and chickpea curry

## SPAGHETTI

Its hard skin is inedible. After cooking, the flesh separates naturally into long, thin spaghetti-like strands that have a crunchy texture and slightly nutty flavour.

### UNEXPECTED



**1** Cooked, separated into strands with a fork and topped with meatballs

### UNEXPECTED



**2** Cooked, separated and topped with baked chicken Parmesan

### UNEXPECTED



**3** Made into curry rosti and served with a dollop of yogurt

## ZUCCHINI (AND OTHER SUMMER SQUASH)

Perfect for both savoury dishes and sweet desserts, versatile summer squash is mild-tasting and has thin, edible skin. It's available in yellow, white, striped and the common deep green variety.

### CLASSIC



**1** Baked in zucchini loaf with walnuts and pumpkinseeds

### CLASSIC



**2** Thinly sliced (with a vegetable peeler) in a salad or in place of noodles

### UNEXPECTED



**3** Combined with eggs and cheese to make flatbread

## HOW TO HANDLE

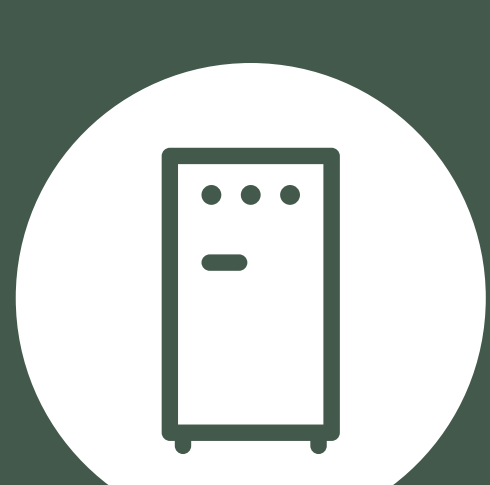
### Summer Squash

#### Selection



Look for smaller zucchini, which tend to be less watery, that are free of dents and scratches. Choose squash that are bright in colour and smooth-skinned. Part of the stem should still be attached.

#### Storage



Place unwashed zucchini in a plastic bag and store in the refrigerator's crisper drawer for up to a week.

#### Prep



Wash gently, as the skin is prone to scratches, and discard stem. Peel only if desired.

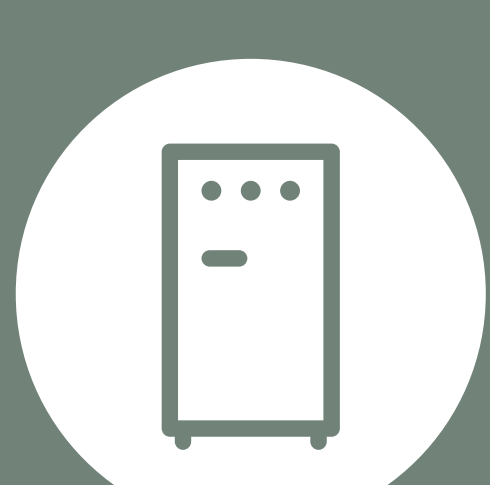
### Winter Squash

#### Selection



Choose squash that is heavy for its size, bright in colour and smooth-skinned. Part of the stem should still be attached. Avoid squash that is bruised, cut or has soft patches.

#### Storage



Handle carefully, as squash bruises easily. Store thick-skinned squash in a cool, dark place—it will last for a month or more.

#### Prep



Wash, trim and discard stem and peel on. Halve and bake with peel on. Discard seeds or roast them: rinse, pat dry, sprinkle with olive oil salt, and roast at 375°F (190°C) for 15 minutes.