

## How To Bake a Winter Squash

### PREPARATION

Preheat oven to 350°F. Cut squash in half using a sharp knife. Scoop out the seeds and pulp. Place squash flesh side down in a baking pan and add about ¼-inch of water. Bake until tender. Small squash take up to 35 minutes and larger ones may take 45–90 minutes. Test by inserting a fork. It should slide in easily and feel soft.

My favorite is acorn squash as a side dish, or you can substitute spaghetti squash for pasta.

### TYPES OF WINTER SQUASH:

Butternut – great for purées and soups

Spaghetti – great substitute for pasta, just add a little ghee or pasta sauce

Acorn – a sweeter squash, great as a side dish

Kabocha - also a wonderful side dish with a little butter or ghee, coconut oil, and a pinch of salt

## How to Bake a Sweet Potato

### PREPARATION

Preheat oven to 350°F. Wash and dry a sweet potato. Pierce the skin with a fork in several places. Place on a baking sheet and bake for 45 minutes or until soft.