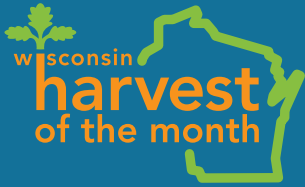




# WARM UP With WINTER SQUASH



Nutritious • Delicious • Wisconsin!



# Warm up with winter squash at home!

## Kid Approved Spaghetti Squash with Basil & Parmesan

- Place 2 squash halves cut side down in a glass baking dish. Add about ¼ cup water and cover with plastic wrap.
- Microwave on high for 12 minutes or until soft when pressed. Let stand covered for 5 minutes.
- Scrape out squash with a fork.
- Toss squash with 1 Tbsp olive oil, 3 Tbsp parmesan cheese, 2 tsp dried basil, salt and pepper.

## Kids in the Kitchen!

Kids can help scrape out spaghetti squash. The long strands look like pasta! Kids like to try food they help make. It's a great way to encourage your child to eat fruits and vegetables.

*Make meals and memories together. It's a lesson kids will use for life.*

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