



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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