

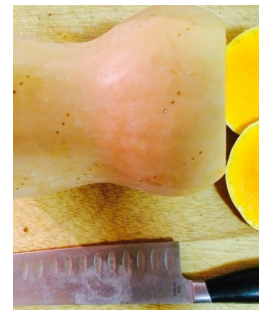
## Peeling Butternut Squash



1. Wash the butternut squash to remove all dirt.



2. Cut the bottom and top off the squash and poke holes in the sides with a fork.



3. Cook the squash in the microwave for 3-4 minutes.



4. Let the squash cool a little then peel the skin off with a vegetable peeler or knife.



5. Cut the squash open and scoop out the pulp and seeds.



6. Cut the squash into slices or cubes depending on how you are going to use it.