



# SFC's Veggie Guide: Mashed Butternut Squash

**This is a colorful and flavorful alternative to the mashed potato. Mashed Butternut Squash is sweet and full of nutrients! Enjoy!**



**Ingredients:**  
1 small butternut squash  
fresh or frozen (about 1.5  
lbs or 3 cups cubed)  
1-2 tablespoons butter or  
olive oil  
Salt and Pepper to taste  
Optional: Cinnamon,  
brown sugar, red pepper  
flakes, paprika, garlic  
powder, other seasonings  
to taste

**Items Youll Need:**  
Knife  
Spoon  
Saucepan  
Bowl (microwaveable)  
Colander  
Masher/Hand Mixer  
Microwave (optional)  
Serving Bowl  
Serving Spoon

## Directions:

1. Peel, de-seed, and chop butternut squash into cubes (as explained in previous squash guide). Add to a medium-sided saucepan, and cover with water. Bring to a boil, and cook for 5 minutes, or until squash is tender. Drain the water, and return the squash to the saucepan for 2 minutes, stirring frequently to remove excess moisture from the squash.

Or if using frozen squash, warm up pieces in a microwave safe bowl in the microwave for 10-12 minutes in 2 minute increments, removing the squash to break up defrosted pieces and check until it's cooked through and warm.

2. Transfer the squash to a large bowl. Add butter/oil and salt/pepper, or try different seasonings like paprika, red pepper flakes, garlic powder, brown sugar, or cinnamon for different flavor combinations. Mix with a hand mixer or masher to your preferred consistency.

3. Transfer to a serving bowl, and top with a pat of butter or a drizzle of oil.

Enjoy!