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NOURISHING NEIGHBORS

CULINARY LEARN AND SHARE

Butternut Squash
Kid Friendly Food Hacks

Mac and "more, please"

Prepare elbow macaroni, penne, or rotini as directed on the package. Drain pasta and fold in pureed butternut squash, shredded Cheddar cheese, Parmesan cheese, salt, and pepper to taste. Fill a 9 x 13" (23x33 cm) baking dish, top with breadcrumbs, and bake at 350 degrees F (175°C) for 20 minutes or until bubbly.

Fun fries

Peel, seed, and slice butternut squash into ½-inch (1.5 cm) thick sticks. Mix an egg yolk with 1 tablespoon (15 mL) of water. Coat each stick evenly in the mixture, then roll it in panko breadcrumbs. Bake at 400 degrees F (205°C) for 25 minutes.

Muffin mania

Substitute 1 cup (240 mL) pureed butternut squash for oil in your favorite corn muffin mix. Add ½ teaspoon (2.5mL) nutmeg. Fill muffin cups ½ full and bake at 350 degrees F (175°C) until a toothpick inserted in the center comes out clean. For breakfast muffins, top with granola before baking.

Recipe Source: Scholastic.com - Parents
https://www.scholastic.com/parents/family-life/parent-child/butternut-squash-recipes-9-kid-friendly-ideas.html