Ingredients\n

Large winter squash\n

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Instructions\n

Before dehydrating start by blanching squash.\n

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Boil the squash whole for about one minute.\n

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Then immediately plunge hot vegetable into extreme cold water.\n

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Wash the squash. You don’t need to peel them, so you should gently brush or scrub away any dirt.\n

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Slice the squash into 1/4 inch thick rounds or pieces.\n

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Arrange the squash pieces on cookie sheet or baking sheet covered with parchment paper.\n

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Leave space between pieces on all sides. Make sure they are not touching.\n

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Place them in an oven set to the lowest heat setting, and prop the door open about an inch.\n

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Check the temperature with an oven [thermometer](https://www.thespruceeats.com/shopping-for-and-using-cooking-thermometers-909085). Dry for four to six hours until the slices are crisp.\n