

Stuffed Butternut Squash

1 supervisor, 2-3 students

Ingredients & Cooking Materials:

- Knife & cutting board
- Large spoon for scooping and mixing
- Measuring cups and tablespoons
- 11x7x11½ inch baking pan
- 1 small butternut or other winter squash, cut in half, seeds and fibers removed (1 pound)
- ½ cup chopped tart apple
- 2 teaspoons packed brown sugar
- 2 teaspoons margarine or butter, softened
- ½ teaspoon lemon juice
- Dash of ground nutmeg

Directions:

- Ask everyone to wash their hands
- Preheat oven to 400°
- Supervisor cuts squash in halves (this step could be done beforehand)
- Have students scoop out the squash's seeds and fibers
- Ask students to measure out 2 teaspoons of brown sugar, ½ teaspoon lemon juice, 2 teaspoons butter, and 1/8 teaspoon or a dash of nutmeg.
- Place squash halves cut side up in an ungreased rectangular baking dish, 11x7x11½ inches.
- Mix remaining ingredients; spoon into squash.
- Cover and bake 30 to 40 minutes or until squash is tender.

Further suggestions:

Encourage students to read directions, share responsibilities and taste items raw before being cooked.