

Baked Butternut Squash

No. of Students: 100

Butternut Squash 20

Nutmeg 4 tbsp

Directions:

Wash and dry squashes. Cut in half lengthwise. Scoop seeds and membrane from the round end of the squash. Store in a covered bucket overnight in the walk in cooler.

Remove squash from cooler before the 8 am meditation to come to room temperature.

Right at 9 am preheat oven to 375°.

Oil shallow hotel pans lightly and sprinkle with nutmeg.

Place squash halves face down in oiled pans. Add a small amount of water (about ½ inch) to the pan.

Place in the oven and cook until the squash becomes very soft and a fork pierces the thick neck of the squash easily.

Remove from oven and cut each half of squash into 3 or 4 serving sized pieces. Place covers on the hotel trays to keep the squash warm until serving time.

Be sure to put out butter and margarine!