

Cooked Pumpkin

Ingredients

- Pumpkin, butternut squash, or other winter squash
- Cooking oil (enough to coat)

Directions

- Preheat oven to 400°F.
- Cut squash in half and scoop out the seeds.
- Lightly oil all surfaces of the squash and place face-down in a baking dish or wrap the squash in foil.
- Bake for about 30-60 minutes, or until soft, checking every 10 minutes after 20 minutes of baking. The baking time will depend on the size of the squash.
- Scoop out the cooked flesh and discard the rind.