**MASHED SQUASH**

**Tip:** depending on the desired texture, you can add more or less broth to the Mashed Squash. A good alternative to broth is milk. If using butter, remember not to go overboard!

***Ingredients:***

2 medium acorn squash (or another variety)
¼ cup olive oil
3 sets of green onions, finely chopped
1 to 2 cups of vegetable (or chicken) broth
Salt and pepper to taste

***Instructions:***

- Preheat the oven to 350 F.
- Grease a medium size baking pan with olive oil. Lightly cover each squash (whole) with oil, and poke a few holes with a sharp knife or fork.
- Roast in the oven for about 30 minutes. You will see the peel turning light brown. Be careful not to burn!
- When the squash is ready, take it out of the oven and let it cool (you should be able to handle it with your hands).
- Peel each squash. Cut in half and take out the seeds (seeds can be used for our *Basil Pesto* recipe).
- Transfer to a medium container and mash until smooth.
- Add green onion, vegetable broth, salt and pepper. Mix well.
- Serve with roast beef or baked fish. For vegetarians, try to serve this dish with a lentil stew.

Serves 4

**Fact**

Squash is a good source of *beta-carotene*, which is converted into *vitamin A* in our bodies. Cook squash with a little bit of oil to increase absorption of the vitamin.