



HARRIS™

EST **SEEDS** 1879

MASHED POTATO SQUASH

**THE LOW-CARB ALTERNATIVE
TO MASHED POTATOES!**

TO COOK

Pierce washed, whole squash several times. Microwave on 7-8 power for approximately 15 minutes (flip squash halfway through cook time), or bake in oven at 350°F for 40-45 minutes. Cut cooked squash in half and remove seeds. Season with garlic butter or prepare with either of the tasty recipes below.

GARLIC BUTTER

Whip 1 stick butter with 1 Tbs minced garlic, 1/2 Tbs parsley, 1/2 Tsp seasoning salt, and 1/4 Tsp coarsely ground pepper.

LOADED BAKED

- 2 Mashed Potato squashes
- 4 Tbs garlic butter
- 1 cup cheddar cheese, shredded
- 1/3 cup scallions, sliced
- 7-8 strips cooked bacon, crumbled



Divide ingredients equally into 4 cooked and clean squash halves. Mash and mix ingredients into each of the 4 shells, transfer mixture into casserole dish. Bake at 450°F in oven until mixture is bubbly and lightly browned. Garnish with sour cream.

HAM & SWISS

- 2 Mashed Potato squashes
- 4 Tbs garlic butter
- 1/8 Tsp dried mustard
- 1/2 lb shaved ham
- 4 slices Swiss cheese

Stir garlic butter into 4 cooked and clean squash halves. Divide ham and press into each of the 4 halves. Cover each half with a slice of Swiss cheese. Bake at 450°F in oven until cheese is bubbly and lightly browned.

