

Mashed Potato Squash

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 1 mashed potato squash
- 1 tablespoon olive oil
- salt & pepper to taste
- 1 tablespoon butter

Instructions:

Preheat the oven to 375 degrees F.

Slice the squash in half, scoop out the seeds with a spoon. Coat the cut edge with olive oil, and sprinkle it with salt and pepper.

Line a sheet pan with parchment paper. Place the squash cut side down on the pan.

Bake the squash for 40-45 minutes or until softened.

Once the squash has cooled enough to handle, use a spoon to scoop out the soft creamy center. Discard the skin.

Add the butter and use a potato masher or hand mixer to mash the squash.

Add your desired potato toppings or mix-ins.