Peeling and Cutting Butternut Squash

**STEP 1** Trim about ¼ inch from top and bottom of squash.

**STEP 2** Use a sharp vegetable peeler to peel off the outer layer of the squash.

**STEP 3** Make one long cut down the middle, from the top to bottom of the squash.

**STEP 4** Scrape out the seeds and stringy pulp from the squash cavity.

**STEP 5**
Lay squash halves, cut side down, on cutting board. Make crosswise cuts separating the neck from the hollow section.

**STEP 6**
Working with one section at a time, cut the squash into slices lengthwise.

**STEP 7** Lay slices flat on board and make another set of lengthwise cuts. Then make crosswise cuts for cubes.