



MASHED POTATO SQUASH

Application

The flesh, when **baked** and **fluffed**, has the consistency of mashed potatoes.

Bake at **400 degrees** for **30-35min**.

- Once cooked, the flesh can be **fluffed** to make meat like mashed potatoes.
- **Served in its rind**, Mashed Potato Squash can be topped with oil, butter, salt/pepper, herbs and cheeses.

In comparison from traditional Mashed Potatoes, Mashed Potato Squash is **low in sugars**.

Mashed Potato Squash will **keep** for a **month** at **room temperature**.

*Also a great addition to any table or mantel display, along with Acorn, Carnival, Sweet Dumpling.

MILD

**Consistency of
Mashed Potatoes**

**Averages
1 – 1.5 lbs**

**Maturity:
White**

***Low in Sugar
Vitamin A, C, B,
Folate, Iron,
Magnesium and
Potassium.**

THE PUMPKIN STAND

7844 State Rte 414
Ovid, NY 14521

www.ThePumpkinStand.com

OPEN Daily 10AM-6PM
Labor Day - Halloween