

# Instant Pot Squash



# Step 1



- Clean the squash with a brush to remove the dirt

## Step 2



- ▶ Slice the bottom off the squash so you have a stable base for cutting of the the outer shell

## Step 3



- Place the squash on a cutting board with the flat side down
- Use a large chef's knife to slice around the bottom half the squash and remove the of the shell

## Step 4



- Remove the shell around the whole lower half of the squash
- Slice the squash in half

## Step 5



- Take one half of the squash and place it on the cutting board on the cut side
- Now you can remove the rest of the shell with your knife

## Step 6



- After you have removed the outer shell, carefully cut in half without cutting through the seeds

## Step 7



- Remove the seeds and set aside to save for next year's garden



## Step 8



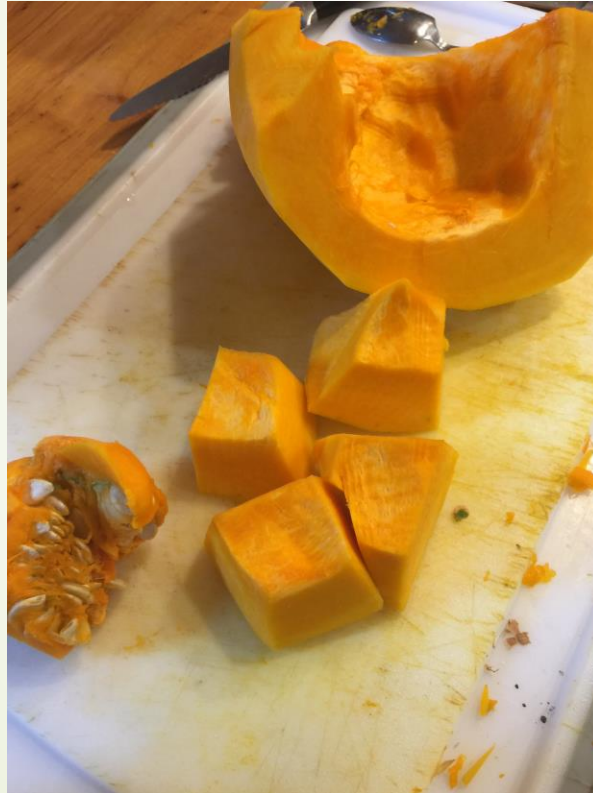
- ▶ A grapefruit spoon works well to scrape out all the pulp inside

## Step 9



- Be sure to remove all the pulp

## Step 10



- Slice the squash into 1-inch cubes

# Step 11



- Place the cubed squash in the Instant Pot liner
- Do not fill over the maximum capacity line
- Place the liner in the Instant Pot

## Step 12



- Add 1 cup of water to the Instant Pot

## Step 13



- Turn over the cover of the Instant Pot to make sure the rubber gasket is in place
- This should be done every time you use the Instant Pot
- If the gasket is in place, run your finger around the top to push it back into place
- The Instant Pot will not achieve a seal if the gasket is out of place

## Step 14



- Make sure the the vent on the cover is turned to sealing, not venting

# Step 15



- There are different models of Instant Pots
- On this model, we use the Manual button for cooking the squash

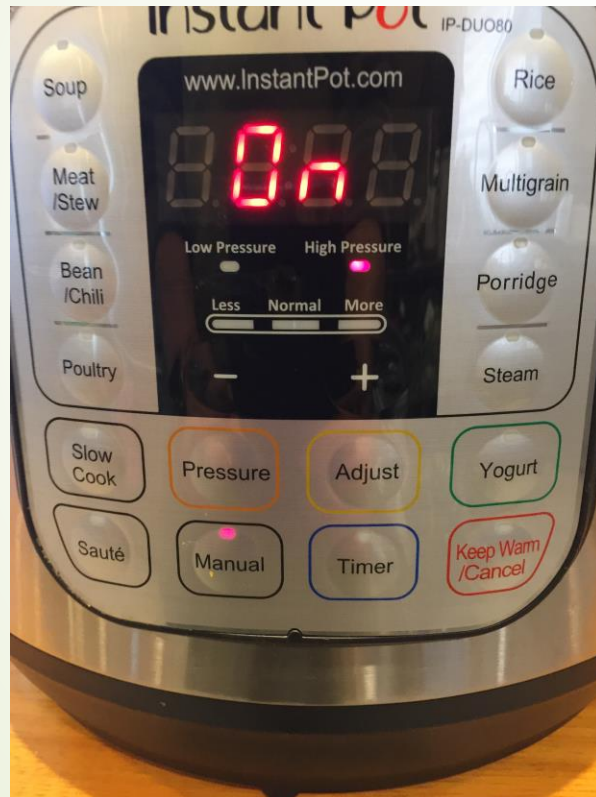


# Step 16



- Press the Manual button and use the + or - button to set the timer for 8 minutes

# Step 17



- The Instant Pot will turn on and and pressurize
- Once the timer beeps, turn the dial on top to venting
- Use a potholder or a knife so you DO NOT burn yourself from the steam
- Once the venting is complete, carefully remove the cover

## Step 18



- Using potholders, remove the inner liner and pour the contents into a strainer in the sink
- Once the water has drained, the squash is ready to serve, or can be frozen for future use
- You may store any extra squash in the refrigerator for 5-7 days, before it will spoil

White Earth Tribal and Community College

[www.wetcc.edu](http://www.wetcc.edu)

Community Extension Service Department

[www.wetcc.edu/extension.html](http://www.wetcc.edu/extension.html)

Diane McArthur:RD,LD,CDE

Extension Service Supervisor

218-935-0417 Ext. 314

[diane.mcarthur@wetcc.edu](mailto:diane.mcarthur@wetcc.edu)

Funding provided by: USDA, NIFA



United States Department of Agriculture  
National Institute of Food and Agriculture