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 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 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 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.
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