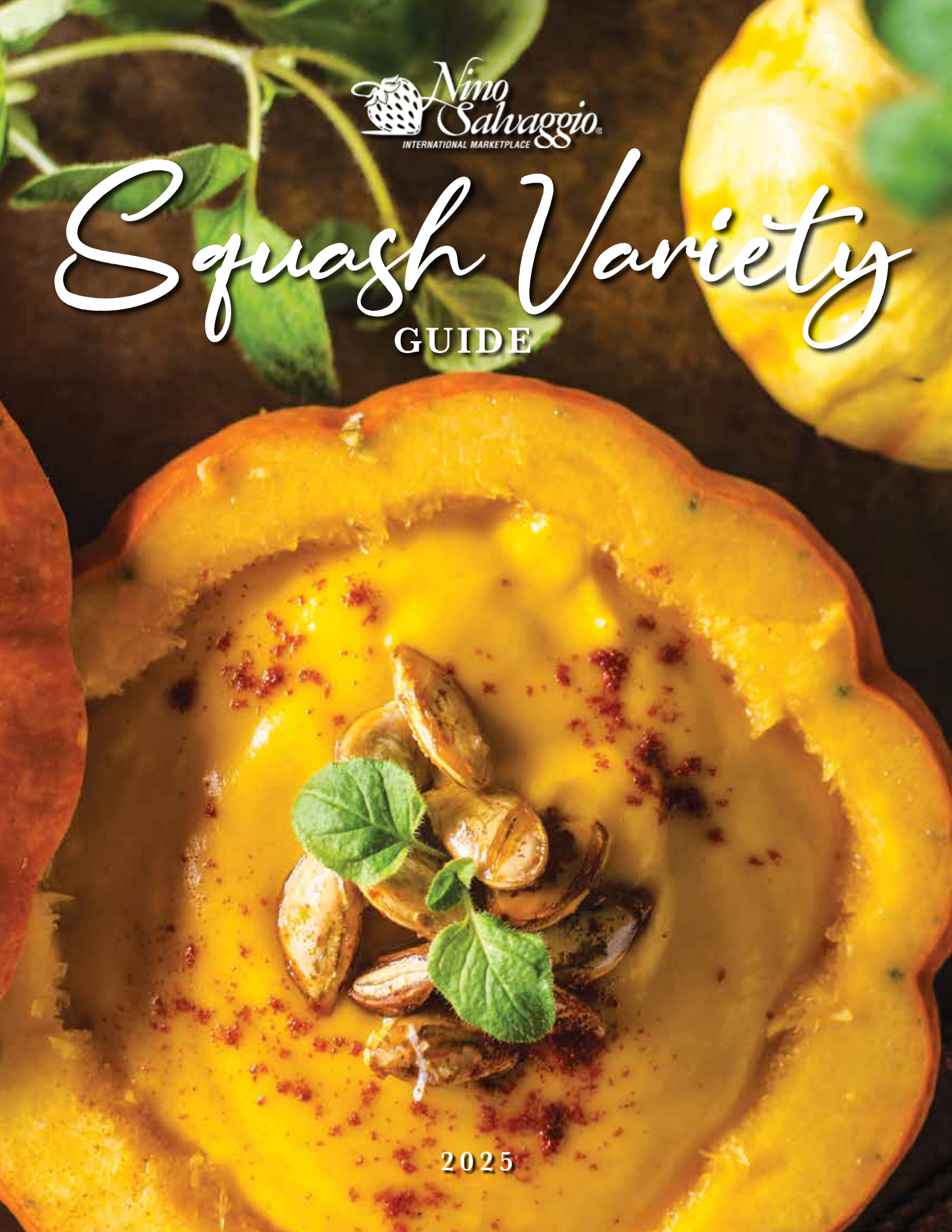
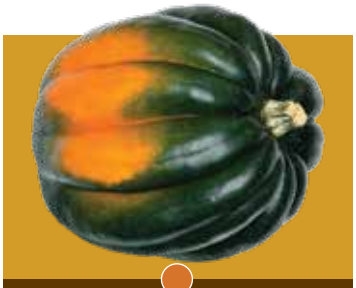

Nino Salvaggio
INTERNATIONAL MARKETPLACE
Squash Variety
GUIDE
2025

Squash Variety Legend

CREAMY · EARTHY · MILD · NUTTY · SWEET

ACORN SQUASH

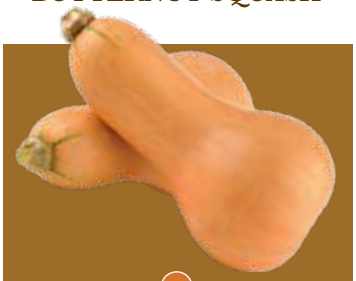


HOW TO USE:
Roasted, Stuffed, Mashed, Pureed & Soups

BUTTERCUP SQUASH

HOW TO USE:
Roasted, Stuffed, Mashed, Pureed & Soups

BUTTERNUT SQUASH



HOW TO USE:
Roasted, Stuffed, Mashed, Pureed, Soups, Air Fryer, Pan Sauteed, Curries & Salads

DELICATA SQUASH

HOW TO USE:
Roasted, Stuffed, Mashed, Pureed, Soups, Air Fryer, Pan Sauteed, Curries & Salads

DUMPLING SQUASH

HOW TO USE:
Roasted, Stuffed, Mashed & Pureed

HUBBARD SQUASH

HOW TO USE:
Roasted, Stuffed, Mashed, Pureed, Stews & Curries

SUGAR PUMPKIN

HOW TO USE:
Roasted, Stuffed, Mashed, Pureed, Soups, Pies, Breads, Muffins & Pancakes

SPAGHETTI SQUASH

HOW TO USE:
Roasted, Pasta Substitute, Stir-Fries & Casseroles

Baked Acorn Squash with Pears & Apples

By Nino Salvaggio

Servings: 4-6
Prep Time: 20 minutes
Cook Time: 1 hour

INGREDIENTS:

- **2 medium acorn squash**
- **2 large Gala apples, cored and diced**
- **1 ripe Bartlett pear, cored and diced**
- **1/4 cup raisins or currants**
- **2 tablespoons packed brown sugar**
- **1/4 teaspoon ground cinnamon**
- **1/8 teaspoon ground nutmeg**
- **2 tablespoons butter**
- **1/4 cup apple cider or orange juice**

INSTRUCTIONS:

Preheat & Prep Squash

1 Preheat the oven to 325°F. 2 Cut each acorn squash in half lengthwise and scoop out the seeds. Place halves cut-side down in a buttered baking dish with about 1/4 inch of hot water. 3 Bake for 45 minutes, or until the squash begins to soften.

Prepare Fruit Filling

1 While squash is baking, melt the butter in a medium skillet over medium heat. 2 Add the apples, pear, raisins, brown sugar, cinnamon, and nutmeg. Cook for about 5 minutes, stirring occasionally, until the fruit is golden and just beginning to soften.

Simmer with Juice

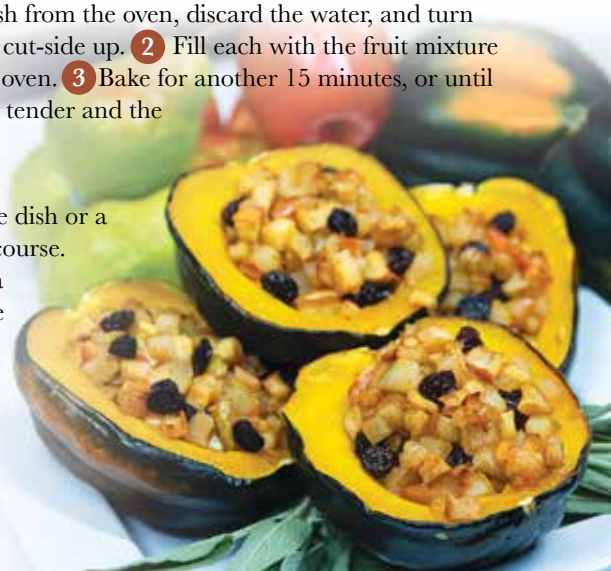
Pour in the apple cider or orange juice and continue simmering for 8 minutes, until the fruit is tender and the liquid slightly reduced.

Fill & Final Bake

1 Remove squash from the oven, discard the water, and turn the squash halves cut-side up. 2 Fill each with the fruit mixture and return to the oven. 3 Bake for another 15 minutes, or until the squash is fully tender and the filling is bubbly.

Serve

Serve hot as a side dish or a main vegetarian course. Drizzle with extra cider or a sprinkle of toasted nuts if desired.



Nino Salvaggio

www.ninosalvaggio.com