



Butternut Squash Fries

4 servings

INGREDIENTS

- 1 Medium butternut squash
- 1 Tbsp olive oil
- 1/4 Tsp salt
- 1/2 Tbsp of your favorite spice (Ex: Cajun seasoning, curry powder, ranch, etc.)

DIRECTIONS

1. Preheat oven to 425°F.
2. Peel the squash, cut in half, and scoop out the seeds. Cut the squash into 1/4"-1/2" thick pieces (think French-fry shapes) and put in a large bowl.
3. Toss the pieces with the oil, salt, and seasoning in the bowl until the squash is well coated.
4. Place squash in a single layer on a baking sheet and bake for 25-30 minutes, or until starting to brown.
5. Serve warm and enjoy!



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