Butternut Squash Fries

Prep Time: 10 min **Cook Time:** 30 min **Servings:** 4

Butternut Squash Fries are a delicious and fun recipe that everyone will enjoy. These fries are a great side dish for burger night, to add to salads or for snacking on! For a sweet twist, season with cinnamon and serve with a maple yogurt dip! Butternut and other winter squash are a great option for eating local produce throughout the winter.

Ingredients

- 1 medium butternut squash
- 1 Tbsp olive oil, or other oil
- 1/4 tsp salt
- 1/2 Tbsp of your favorite spice Cajun seasoning, curry powder, ranch, etc.

Steps

1. Preheat oven to 425°F.
2. Rinse and dry the squash, then peel, 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, toss half way through for even browning. It is done when evenly browned and tender.
5. Serve hot and enjoy!