

## Butternut Squash Fries

Number of servings: 6  
 Preparation time: 5 minutes  
 Total time: 45 minutes

### Ingredients:

- 1 butternut squash, peeled, seeded, and sliced into ¼-inch strips
- 1 tablespoon olive oil, divided
- ¼ teaspoon dried basil
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground cayenne pepper

1 butternut squash weighs approximately 1 ½ - 2 pounds.

### Directions

- Heat the oven to 450°F.
- Brush the baking sheet with ¼ of the oil.
- Cut squash lengthwise into ¼-inch strips. **Note:** Pieces should be uniform and resemble traditional French fries.
- Place the fries into a bowl with the remaining oil. Toss until all the fries are coated. Season with remaining ingredients and mix until combined.
- Pour onto baking sheet and spread into a single layer. Place into oven and bake for 20 minutes. Flip, and continue baking for another 10-20 minutes or until desired crispiness is reached.
- Serve warm. If leftovers remain, refrigerate within 2 hours of preparation.

A butternut squash has over 100% of the recommended daily value of Vitamin A.

*Vegetables should always be washed before cutting.*

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### Equipment Needed:

- Cutting board
- Knife
- Measuring spoons
- Mixing bowl
- Baking sheet



### Nutrition Facts

Serving Size 1 serving (153.72g)  
 Servings Per Container 6

#### Amount Per Serving

**Calories** 90      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2.5g      **4%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 18g      **6%**

Dietary Fiber 3g      **12%**

Sugars 3g

**Protein** 2g

Vitamin A 320%      •      Vitamin C 50%

Calcium 8%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

Butternut, acorn, delicata, and spaghetti squash are just a few types of winter squash.

(Recipe from <http://thecookiewriter.com>.)

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