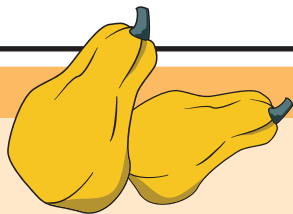


Butternut Squash "Fries"

Ingredients:

- 1 medium size butternut squash
- 2 teaspoons olive oil
- Salt to taste
- Pepper to taste



Directions:

- 1 Preheat oven to 425 degrees.
- 2 Peel off skin and cut butternut squash into ½ - inch wide sticks
- 3 On a baking sheet, combine squash with olive oil and mix together. Season with salt and pepper and mix again.
- 4 Spread squash in a single layer on the baking sheet.
- 5 Roast until soft when pierced with a fork, about 45 minutes to one hour and remove from oven.

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Tips:

- 1 If you have a microwave, put the whole butternut squash in the microwave and heat for 1-1/2 minutes on high. This will soften the squash, and make it easier to peel and cut.
- 2 Before serving, cut squash fries into pieces no larger than 1/2 inch to prevent choking in young children.
- 3 For an extra flavor burst, try adding a sprinkle of lime juice and chopped cilantro after you take the “fries” out of the oven.

