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Butternut Squash Fries

Yield: 4 servings **Prep. Time: 20 min.** **Cook Time: 15-35 min.**

Ingredients

- 1 butternut squash
- 1 tablespoon (15 mL) vegetable oil*
- 1 tablespoon (15mL) dried rosemary
- Salt, to taste
- Pepper, to taste

Photo: Niccie King, Flikr.com

Directions

Preheat conventional oven to 400°F (205°C). If using a toaster oven** preheat to 400°F (205°C) or select Bake on your control panel.

Lay the squash on the cutting board, carefully cut the squash in half. Cut the squash again vertically. Scoop out the seeds and peel the skins of all squash sections.

Continue cutting the squash down into fry-length strips with a thickness of ¼-inch (6 mm).

Get a large bowl or reuse a cleaned produce or bread bag. Put the fries inside with all other ingredients and toss or shake until fries are evenly coated. Then transfer them to a baking tray. Separate fries so that they do not overlap on the baking tray for more even cooking.

Conventional oven: Bake for 20-35 minutes.
Toaster oven: Bake for 15-20 minutes.
For both oven types, flip over fries halfway though.

Cool slightly and enjoy along with your favorite sauce or dip!

*Substitute with other heart-healthy, high-smoke point oils like sunflower, corn, or peanut.

**Baking will occur in batches, extending total cook time.

Recipe Source: REPLENISH