

Roasted Butternut Squash Fries

Makes 4 Servings

Ingredients

- 1 (2 or 3 pound) butternut squash
- 2 Tbsp extra virgin olive oil (EVOO)
- ½ tsp [seasoned salt](#) or sea salt
- ¼ – ½ tsp fresh ground black pepper

Directions

1. With a sharp vegetable peeler, peel the outside skin off the entire butternut squash – Caution: this will be like wrestling a bar of wet soap so ... Be Careful!
2. Once peeled, cut the butternut squash in half lengthwise with a very sharp butcher knife and scoop out the seeds and membranes from the round ball end. Discard or save seeds to roast later (they look like pumpkin seeds).
3. Cut the long neck part from the round ball part. Using the same sharp knife, carefully cut the long neck part into 1/3” planks, then cut 1/3” symmetrical “fries”. For the round bottom section, cut it crosswise into 1/3 inch half-moon shaped fries.
4. Place fries in a ziptop bag or stack fries on a baking sheet covered in parchment paper or foil. Drizzle with EVOO and toss gently, coating all fries generously with the oil.
5. Layer the fries in a single layer across the baking sheet leaving plenty of room in between so they will get crispy. (If you push them too close together or layer them on top of each other, they will be mushy instead of crispy.)
6. Sprinkle evenly with seasoned salt and black pepper (you can have a lot of fun with various seasonings – *see Seasoning Note below*).
7. Roast fries in a 400° preheated oven for 15 minutes. Then, remove pan and flip the fries over using a spatula (or your fingers but be careful – HOT!).
8. Roast for another 15 minutes or until golden brown on top and bottom.
9. Serve piping hot!



Seasoning Note

For other seasoning combos try:

- Cumin, chili powder, salt and pepper
- Nutmeg, cinnamon, salt and pepper
- Sage, garlic powder, salt and pepper