

WHAT'S IN SEASON



BUTTERNUT SQUASH FRIES

INGREDIENTS:

- 1 medium butternut squash, peeled and cut into sticks
- 3 tablespoons cornstarch
- 3 tablespoons olive oil
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon dried thyme
- Salt and pepper
- Mayo & herbs for dipping

DIRECTIONS:

- Preheat oven to 425°F degrees and line two large baking sheets with parchment paper
- Place the butternut squash sticks into a large bowl and pat them dry with a paper towel. Add the corn starch on top and use your hands to coat the butternut squash completely. Transfer the butternut squash to a colander and shake to remove excess cornstarch.
- Return the butternut squash fries to the bowl, add olive oil, garlic powder, paprika and thyme. Toss to combine evenly.
- Transfer the fries in a single layer to the prepared baking sheets, making sure not to overcrowd the pan.
- Bake for 30-35 minutes, flipping halfway through, until tender and crisp. Allow 5-10 minutes to cool. Then serve warm with your favorite dipping sauce.

* *Gluten Free: This recipe is already gluten free.*

NUTRITIONAL FACTS

4 SERVINGS

Calories: 200

Protein: 2 grams

Carbohydrates: 28 grams

Fat: 11 grams

CALORIE CONSIDERATIONS:

- To INCREASE calories: Cook as directed and dip in mayo or other creamy dip (+100 calories).
- To DECREASE calories: Cook in an air fryer and dip in ketchup or other non-creamy dip (-90 calories).