

# Butternut Squash Fries

## Ingredients:

- 1 large butternut squash\*
- 1/4 cup olive oil or coconut oil
- 2-3 teaspoons fresh dried herbs (optional)
- Sea salt and pepper to taste



## Preparation:

1. Preheat oven to 425°
2. Cut the butternut squash into two and remove seeds. Wash the middle and cut away the peel. Cut the squash in wedges or sticks in your favorite size.
3. In a bowl, evenly coat the butternut squash fries with oil and the spices.
4. On a baking plate, place the fries on a single layer.
5. Roast for 20-25 minutes or until golden and crisp.



*\*Ingredient is WIC (Women, Infants, and Children) Nutrition program approved.*

Source: [paleoleap.com](http://paleoleap.com)



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