

# Butternut Squash Fries

Recipe By Rorie Weisberg



Cooking and Prep:  30  
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Serves:  6

No Allergens

Preference: Parve

Lightly seasoned, oven-roasted butternut squash spears.

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Gluten Free,  
Low Fat, Low Carb, Vegan,  
Paleo, Pescetarian, Sugar Free

Source: Family Table by  
Mishpacha Magazine

## Ingredients (4)

### Main ingredients

- 1 package precut butternut squash sticks OR 1 medium butternut squash, peeled and cut into sticks
- 1/2 teaspoon garlic powder
- salt and pepper to taste
- avocado oil

## Start Cooking

### Prepare the Fries

1. Preheat oven to 425 degrees Fahrenheit. Line a metal sheet pan with parchment paper.
2. Place squash fries on the pan, a quarter inch apart. Spray with avocado oil, and season.
3. Roast for 20-25 minutes until crisp and golden.