

## Delicata or Butternut Squash Fries

Delicata squash is a wonderful squash and very easy to prepare. It is so flavorful so if you haven't tried it now is the time. Delicata squash looks like a fat banana; it is yellow with green stripes going down the ridges. It is in season from September to January, after that switch this recipe to butternut squash.

Face it, french fries are one of the greatest tasting foods known to man. But they're no-nos when it comes to dieting. Of course, if you're feeling ambitious, you can whip up a batch of Delicata squash or butternut squash fries. They can be made crispy, wonderful, out of squash. And, what's even better is that this a very easy recipe.

I usually figure 1 Delicata squash a person. This recipe serves 4. If using butternut squash 1 large one should be enough for 4 people.

### ***Ingredients:***

Preheat oven 425 degrees

4 Delicata squash or 1 butternut squash, peeled, cut in half lengthwise. Discard all seeds. Cut the delicata in 1/2" slices (they will be semi-circles). If using butternut squash cut in 1/2" french fry shapes (or anyway you like)

Olive oil spray

Baking sheets

Sea salt (optional)

Spray the baking sheet with olive oil. Place squash on baking sheet, do not overlap pieces. Lightly sprinkle with salt. Place in heated oven. Bake for 30 minutes. Turn squash over and bake for another 30 minutes or until lightly brown. Serve while warm.

### Nutritional Info:

Serving Size: 5 oz., uncooked

Calories: 65

Fat: 2g

Sodium: 386 mg (includes salt)

Carbs: 16.5g

Fiber: 4g

Sugar: 3g