

Butternut Squash Fries

Butternut squash can be challenging to cut up. The way to make it easy is to cut off both ends and peel the skin with a sharp vegetable peeler before you start cutting.

1 medium butternut squash about 2 1/2 lbs
2 tb olive oil
1 tsp Celtic sea salts
1 tsp smoked paprika

- Peel the squash and remove the seeds. Cut the squash into 1/2" thick strips.
- Preheat oven to 400°
- Place butternut squash in bowl and toss to coat with the olive oil, salt, pepper and smoked paprika
- Spread onto a rimmed baking sheet and arrange into a single layer.
- Peel the squash and remove the seeds
- Bake for 30 minutes, turning with a spatula half way through.
- They are done when slightly brown on the outside and soft on the inside.
- Taste and add additional salt if needed. Serve immediately.