

Squash Fries

Prep time: 5 min
Cook time: 40 min
Serves 4



INGREDIENTS

- 2 Delicata squash
(washed, cut in half, seeded and cut into 1/2 inch wide slices)
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/8 tsp salt
- 1/4 teaspoon black pepper
- 1 1/2 tsp olive oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Preheat oven to 375 degrees.
2. Toss all ingredients together in a bowl.
2. Place seasoned squash flat on a cookie sheet lined with foil or parchment paper.
3. Bake for 20 minutes.
4. Flip squash slices over, and bake for another 20 minutes.
5. Remove squash from oven and allow to cool for 5 minutes.
6. Enjoy!

Delicata squash is a type of winter squash. It has an edible skin and does not need to be peeled.