

## Squash Fries



### Ingredients:

- 1 (2 pound) butternut squash
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Cooking spray

### Directions:

1. Preheat your oven to 425 F. Spray a cooking sheet with cooking spray.
2. Using a vegetable peeler, remove the skin from the squash.
3. Cut off the ends of the squash. Cut the squash in half width-wise. Cut the bottom piece in half lengthwise and scoop out the seeds.
4. Place the squash on a flat surface and cut into sticks like French fries. Dry the squash sticks, and sprinkle with salt.
5. Place the squash sticks onto the prepared cooking sheet
6. Bake for 20 minutes, and then turn the fries and cook until crispy, about 20 more minutes.
7. Serve immediately.

Makes 4-6 servings



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