

Butternut Squash Fries

Author: A Carolyn T original



3 pounds butternut squash, cubed
2 tablespoons olive oil
2 tablespoons ground cumin
1 tablespoon chili powder, mild
1/4 teaspoon garlic powder
Olive oil spray to coat pan

Categories: Vegetables/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 103 Calories;
4g Fat (31.3% calories from fat); 2g Protein; 18g
Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol;
18mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean
Meat; 1 Fat.

Carolyn T's
Cookbook

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 10 minutes

1. Preheat oven to 425. Prepare a large sheet pan and coat with olive oil spray or cooking spray.
2. Pile the squash cubes on the tray. Combine the dry ingredients and mix with a spoon, then sprinkle it all over the squash. Using your hands, mix the squash so every cube has some herbs and is slick with olive oil. (You may want to add more olive oil than I did.) Add salt and pepper to taste.
3. Bake for 45-55 minutes, testing the squash, removing it when the edges have begun to brown and crisp and the squash has begun to caramelize. You'll notice a sweet taste to it, even though there is no sugar in the recipe. Serve while they're hot, and add more salt just before eating.