



Bake-tastic Butternut Squash Fries



1/2 of recipe: 125 calories, <0.5g total fat (0g sat fat), 158mg sodium, 33g carbs, 5.5g fiber, 6g sugars, 3g protein

Freestyle™ [SmartPoints®](#) value 0*

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Prep: 25 minutes **Cook:** 40 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Meatless Recipes](#), [5 Ingredients or Less](#)

Ingredients

One 2-lb. or half of a 4-lb. butternut squash (20 oz. once peeled and sliced)
1/8 tsp. coarse salt, or more to taste
Optional dip: ketchup

Directions

Preheat oven to 425 degrees. Spray 2 baking sheets with nonstick spray.

Peel squash and slice off the ends. Cut in half widthwise, just above the round section. Cut the round piece in half lengthwise and scoop out the seeds.

Cut squash into French-fry-shaped spears. Thoroughly pat dry. Lay spears on the sheets and sprinkle with salt. Bake for 20 minutes.

Flip spears and bake until mostly tender on the inside and crispy on the outside, about 15 minutes.

MAKES 2 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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