



## 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

**Green Plan [SmartPoints](#)® value 0\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 0\***

**Purple Plan [SmartPoints](#)® value 0\***

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian 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

**Air Fryer alternative!** Set air fryer to 392 degrees. Cook in two batches, about 12 minutes each, shaking the basket halfway through.

[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.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.