



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

[Click for WW Points® value*](#)

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



More: [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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.