



Loaded Butternut Fries



1/2 of recipe: 185 calories, 6.5g total fat (4g sat. fat), 490mg sodium, 22.5g carbs, 4g fiber, 6g sugars, 10g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

12 oz. raw butternut squash, peeled and cut into fry-shaped spears
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. salt
1 dash black pepper
2 slices center-cut bacon or turkey bacon
1/3 cup shredded reduced-fat cheddar cheese
2 tbsp. light sour cream
1 tbsp. scallions

Directions

Preheat oven to 425°F. Spray a baking sheet with nonstick spray.

Place squash on the baking sheet, and top with seasonings. Arrange squash in an even layer.

Bake until tender on the inside and lightly crisped on the outside, 25–30 minutes, flipping halfway through.

Meanwhile, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.) Chop or crumble bacon.

Arrange squash in the center of the baking sheet. Top with cheese and bacon. Bake until cheese has melted, about 3 minutes.

Top with sour cream and scallions.

MAKES 2 SERVINGS

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