No-Peel Delicata Squash Fries

1/2 of recipe (about 12 fries): 77 calories, <0.5g total fat (0g sat. fat), 297mg sodium, 19.5g carbs, 3.5g fiber, 5g sugars, 2g protein

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Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

One 1-lb. delicata squash
1/4 tsp. salt, or more to taste
Optional dip: ketchup

Directions

Slice off squash ends. Cut squash in half lengthwise, and scoop out the seeds.

Cut squash into fry-shaped spears. Sprinkle with salt.

Place a single layer of squash spears in the air fryer. Lightly spray with nonstick spray. Set air fryer to 392 degrees. Cook until golden brown and crispy, 10 - 12 minutes, shaking the basket halfway through.

Repeat with any remaining squash.

MAKES 2 SERVINGS

Oven alternative! Bake at 400 degrees until golden brown, 20 - 25 minutes.

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