



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

Green Plan [SmartPoints](#)® value 0*

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

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

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



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.

[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.