

Delicata Squash Fries

Ingredients:

1 delicata squash
1 tbsp olive, grapeseed, or coconut oil
salt + pepper

Instructions:

Preheat oven to 500 degrees. Wash and dry squash. Cut ends off and cut lengthwise. Scrape out seeds with a spoon and cut into slices. Place on a baking sheet and lightly coat with oil. Spread squash into an even layer and sprinkle with salt. Roast for 10 minutes and then flip with a spatula and roast for additional 8 to 10 minutes or until nicely browned.

From Simple Veganista

Yield: 4 servings