

Charlotte's Butternut Squash Fries

This is my favorite side dish, and the first thing I've made all by myself. It goes great with pretty much anything and is a perfect side for a Thanksgiving dinner or just a cold fall day. Hope you enjoy!

Recipe by Alejandra Ramirez | Created on **Mar 10, 2022**

Ingredients

- 1 butternut squash - peeled, seeded, and cut into strips
- 2 tablespoons olive oil
- 2 teaspoons paprika
- 3 cloves garlic, minced, or more to taste
- 3 sprigs fresh thyme, leaves stripped, or more to taste
- salt to taste

Directions

- Preheat oven to 425 degrees F (220 degrees C). Lightly oil a baking sheet.
- Mix squash, olive oil, paprika, garlic, thyme, and salt together in a bowl until evenly coated; spread in a single layer onto the prepared baking sheet.
- Bake in the preheated oven until squash is tender and lightly browned, 30 to 40 minutes.

Nutrition Facts

Serving: **3 servings** | Calories: **276.3 kcal** | Carbohydrates: **50.6 g** | Protein: **4.6 g** | Saturated fat: **1.4 g** | Sodium: **17.9 mg** | Fiber: **9 g** | Sugar: **9.4 g**

Categories

Side Dish

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Squash