Easy Butternut Squash Fries

- 1 butternut squash (about 4 cups)
- 1 Tablespoon of avocado oil
- Himalayan sea salt

1. Preheat oven to 425°F.

2. Peel the squash. Cut the butternut squash in half and de-seed it like you would a cantaloupe.

3. Cut it up into french fry shapes. Try to make the pieces similar in size so that they finish cooking at the same time.

4. Place on a baking sheet lined with parchment paper or aluminum foil. Sprinkle lightly with sea salt.

5. Place tray in your pre-heated oven and bake for 40 minutes or so, flipping halfway through baking process. Fries are done when they are starting to brown a little.

Note: These are great with a Turkey Burger and salad with approved dressing

Makes two servings.
Serving Size = 2 cups.
Enjoy with 3 oz protein & 1 cup on plan fruit for a complete meal.