



Butternut Squash Fries

By Clean Cuisine and More

Ingredients:

Butternut Squash

Coconut Oil or Extra Virgin Olive Oil

Sea Salt & Pepper

Method:

Peel the butternut squash with a potato peeler (don't worry, the peel comes off super easy) then place the butternut squash on a towel (so it doesn't slip) and cut it in half horizontally. Cut each half in half vertically.

Slice the butternut squash into thin pieces (resembling French fries). Toss the butternut squash pieces in a little bit of extra virgin olive oil or extra virgin coconut oil and season with salt and pepper (I sometimes season them with either cumin or curry powder depending on what I'll be serving them with.)

Spread the butternut squash pieces out on a large oiled baking sheet (or use 2 large well-oiled cast-iron skillets) and bake at 400 degrees for about 25 minutes. Set aside to cool for at least 10 minutes before eating.

The Balanced Body Center
(704) 849-9393 www.knowbalance.com