Butternut Squash Home Fries

Butternut Squash Home Fries are roasted to perfection and make for a flavorsome, 4-ingredient side-dish for even the pickiest eaters! Whole30 | Paleo

Prep: 10 mins Cook: 40 mins Total: 50 mins

Servings: 4 servings | 1x | 2x | 3x |

INGREDIENTS

- 1 medium butternut squash, cubed (7-8 cups, cubed)
- 2 tbsp. avocado oil, coconut oil, or olive oil
- 1/2 tsp. sea salt
- 1/4 tsp. black pepper

INSTRUCTIONS

1. Pre-heat oven to 400 degrees.
2. Peel and cube squash. *See our How-to Cube Butternut Squash photo tutorial here* Place cubes on large baking sheet lined with parchment paper.
3. Melt fat (if using a solid fat) and drizzle over squash cubes. Add salt and pepper and toss to coat so that all squash cubes are evenly coated.
4. Bake in oven for 35-40 minutes or until golden brown to your liking. Toss every 10 minutes.

NOTES

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Whole30

 Recipe By: The Real Food Dietitians

Find it online: https://therealfooddietitians.com/butternut-squash-home-fries/

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