

Delicata Squash Fries

Servings: 2 Difficulty: easy

Ingredients:

- 1 delicata squash
- Avocado oil spray
- Garlic, salt, and pepper to taste

Directions:

1. Cut your delicata squash in half the long way
2. Deseed by scraping the guts/seeds out with a spoon, discard
3. Once deseeded, slice “fries” by cutting each half the long way into 1/2” thick fries (they should be as long as your delicata squash at this point)
4. Slice the long fries in half to make them into more typical fry-size
5. Spray with avocado oil (**see note below for sub*)
6. Add salt, pepper, and garlic powder– make sure they are evenly coated by stirring with your hands
7. Place in air fryer and air fry at 400 ° F for 15 minutes, flipping/shaking about every 5 minutes to get evenly crisp (I had to work in batches as my air fryer does not fit them all unless they’re piled on each other, but they won’t get crispy this way!)
8. Enjoy!

**can use any oil you'd like- if you don't have spray, you can throw your delicata fries into a ziplock or bowl and shake/stir in the oil and spices until they're evenly coated!*

**should be able to make in the oven- unsure on cooking time. Prepare the same way, cook at 425 ° F flipping frequently until crispy on the outside and fork tender inside*



Please tag me on instagram [@celiacsweetie](https://www.instagram.com/celiacsweetie) if you make these, or comment on this blog- I would love to see your recreations! Also please reach out if you have any

questions about the recipe.

xo, Celiac Sweetie