

Baked Butternut Squash Fries: Crispy, Flavorful & Healthy Side Dish

Baked Butternut Squash Fries: Your New Favorite Crispy, Flavorful Veggie Twist!



OVEN
450°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 large butternut squash (approximately 2 pounds)
- 1 teaspoon oil (olive, avocado, or vegetable oil)
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper (plus extra to taste, for more heat)
- Salt to taste
- Pepper to taste
- Grated cheese or vegan cheese shreds (optional, for topping)
- Diced pickled jalapeños (optional, for topping)
- Shredded lettuce (optional, for topping)
- Chopped green onions (optional, for topping)
- Your favorite toppings (optional, like sour cream, salsa, hot sauce)

Swaps and Notes:

Butternut Squash: Choose a firm, unblemished squash. Uniformly slicing the fries is key for even baking.

Oil: Just a small amount of oil is needed to help the seasonings stick and promote browning.

Spices: Garlic powder, cayenne, salt, and pepper provide a fantastic foundational flavor. You can adjust the cayenne to your heat preference. A pinch of smoked paprika or chili powder would also be delicious.

Cheese: Grated cheddar, Monterey Jack, or a Mexican blend would work well. Vegan cheese shreds are a great alternative.

Pickled Jalapeños: Add a zesty, spicy kick.

Toppings: The sky's the limit! Think a dollop of sour cream or Greek yogurt, a drizzle of hot sauce, a spoonful of salsa, or even some crumbled bacon bits for a hearty loaded fry.

Directions:

Preheat Oven: Preheat your oven to a sizzling 450°F (232°C). This high heat is crucial for crispiness.

Prepare Squash: Carefully peel the butternut squash using a vegetable peeler. Once peeled, slice it into 4-inch strips about half an inch thick. Aim for relatively uniform sizes to ensure even cooking.

Season Fries: In a large bowl, toss those squash fries in about 1 teaspoon of oil. Sprinkle them evenly with salt, pepper, garlic powder, and cayenne pepper for that kick. Toss well to ensure all fries are coated.

Arrange for Crispiness: Arrange the seasoned fries in a single layer on a wire cooling rack set atop a baking sheet lined with aluminum foil. This setup helps them get that perfect crispiness by allowing air to circulate around all sides.

Initial Bake: Pop them in the preheated oven for 30 minutes. You'll notice them start to soften and turn golden.

Add Cheese & Jalapeños (Optional): If you're feeling cheesy, after the initial 30 minutes, carefully pull the baking sheet out. Sprinkle on some grated cheese or vegan shreds and diced pickled jalapeños over the hot fries. Then, send them back into the oven for a few more minutes (about 5-7 minutes) until the cheese is melted and gooey.

Final Assembly & Serve: Finally, transfer your irresistibly crunchy butternut squash fries to a serving platter. If desired, pile on the shredded lettuce, chopped green onions, and your favorite additional toppings for that culinary masterpiece.

Enjoy these irresistibly crunchy butternut squash fries that pack a flavorful punch!:

Tips for Success:

High Oven Temp: Don't reduce the oven temperature. The high heat is essential for roasting the squash to tenderness while getting a crispy exterior.

Wire Rack: The wire rack is key! It allows air to circulate around the fries, promoting crispiness on all sides without flipping as much.

Uniform Slices: Cut the squash fries into similar sizes for even cooking. Thicker fries will take longer.

Don't Overcrowd: Ensure the fries are in a single layer on the wire rack. Overcrowding will lead to steaming instead of crisping.

Season Well: Don't be shy with the salt and pepper.

Optional Broil: If you like an extra crispy finish, a quick 1-2 minutes under the broiler at the very end can work wonders, but watch closely to prevent burning.

Serving Suggestions and Pairings:

DIRECTIONS

1. Making these : Baked Butternut Squash Fries is simple, with minimal fuss for maximum crunch!
2. Preheat : Oven: Preheat your oven to a sizzling 450°F (232°C). This high heat is crucial for crispiness.
3. Prepare : Squash: Carefully peel the butternut squash using a vegetable peeler. Once peeled, slice it into 4-inch strips about half an inch thick. Aim for relatively uniform sizes to ensure even cooking.
4. Season : Fries: In a large bowl, toss those squash fries in about 1 teaspoon of oil. Sprinkle them evenly with salt, pepper, garlic powder, and cayenne pepper for that kick. Toss well to ensure all fries are coated.
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lettuce, chopped green onions, and your favorite additional toppings for that culinary masterpiece.

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13. **Season : Well:** Don't be shy with the salt and pepper.
14. **Optional : Broil:** If you like an extra crispy finish, a quick 1-2 minutes under the broiler at the very end can work wonders, but watch closely to prevent burning.
15. **Serving Suggestions and Pairings:** These Baked Butternut Squash Fries are a fantastic and flavorful side dish for almost any meal. They pair wonderfully with burgers (beef, turkey, or veggie), grilled chicken or fish, or as a unique accompaniment to sandwiches. They can also be a delightful appetizer served with various dipping sauces. For other savory and comforting vegetable sides, you might also enjoy my [This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor](#) (you can omit the sausage for a veggie-focused dish!).
16. **Storage and Leftover Tips:** Baked Butternut Squash Fries are definitely best enjoyed fresh and hot for maximum crispiness. If you have any leftovers, store them in an airtight container in the refrigerator for up to 3-4 days. To reheat, spread them in a single layer on a baking sheet and warm in a preheated oven (or toaster oven) at 400°F (200°C) for 5-10 minutes, or until warmed through and re-crisped. An air fryer would also be great for reheating.
17. **More Recipes You Will Love:** If you loved the wholesome flavor and comforting appeal of these baked fries, here are a few more delightful fall-inspired or savory recipes that I think you'll absolutely love:
18. For a comforting and versatile no-bake fall delight, my [This Pumpkin Delight Dessert Is My Favorite No-Bake Fall Treat](#) is perfect.
19. For easy and delicious fall-spiced baked goods, check out my [These Easy Pumpkin Spice Muffins Are My Favorite Fall Treat to Bake on Repeat](#).
20. For a fun, customizable, and no-fuss meal perfect for entertaining, my [This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd](#) is a fantastic choice (these fries could be a great side!).
21. And for a cheesy dip that's always a crowd-pleaser, don't miss my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#).
22. **Final Thoughts:** These Baked Butternut Squash Fries are a delicious, healthy, and incredibly easy way to enjoy the natural sweetness and versatility of butternut

squash. They're crispy, flavorful, and a fantastic alternative to traditional fries. Give them a try, and enjoy these irresistibly crunchy bites that pack a flavorful punch!

23. What's your favorite vegetable to turn into "fries"? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

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Spices: Garlic powder, cayenne, salt, and pepper provide a fantastic foundational flavor.

TIPS FOR SUCCESS

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Uniform Slices: Cut the squash fries into similar sizes for even cooking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/baked-butternut-squash-fries-crispy-flavorful-healthy-side-dish/>