

# featured recipe



## Roasted Delicata Squash Fries

Check with our friends at The Good Earth Market for a Delicata Squash. If you can't find it, feel free to substitute with any firm fleshed squash or even sweet potatoes!

### Ingredients

1 Medium sized Delicata Squash   Sea Salt   Olive oil   Dulcet Moroccan Ketchup

### Directions:

Wash the squash well using a vegetable brush and warm water.

Working with a sharp knife, carefully trim the ends and cut in half lengthwise.

Scrape the seeds and membrane from inside of both halves.

Slice squash into half rounds, ¼ "-1/2" thick.

Place on a large baking sheet and toss with enough olive oil to coat both sides.

Spread the squash fries out on the baking sheet so that they aren't touching, using a second baking sheet if necessary.

Place in a pre-heated 500 degree oven and roast for 8 minutes.

Carefully remove from oven and flip each fry over using a spatula or tongs.

Place back in oven for an additional 6 minutes or until evenly browned on both sides.

Place on platter, sprinkle on sea salt and serve with Dulcet Moroccan Ketchup.

Serves 4

Helpful hint: These fries are equally yummy when tossed with our Moroccan Cooking Spice & Rub before roasting. Reduce heat to 475 degrees to prevent burning and adjust cooking time as necessary.