

# Butternut Spiced Chips

## Ingredients

1 Butternut Squash, cubed  
½ tsp cumin  
½ tsp chili powder  
½ tsp cayenne pepper  
3-4 cloves of garlic, minced  
Olive Oil  
pinch of salt

## How to cut butternut squash in 3 easy steps!

- Cut one inch from the top and bottom of the squash and discard
- Using a serrated peeler, peel away the thick skin until you reach the orange flesh
- Using a spoon or melon baller, scoop away seeds and membranes and discard
- Cut squash into desired shapes!

## Directions

1. Preheat oven to 400°C
2. Peel and cut squash into cubes or in the shape of fries, whichever you prefer, the thinner you cut the less time they will need to bake
3. Add a few generous pours of olive oil to a bowl (enough to cover the amount of squash you are using)
4. Combine spices and garlic into olive oil. Mix well before adding squash.
5. Add squash and mix well to ensure that all pieces are covered
6. Lay out squash on a cookie sheet lined with tin foil.
7. Bake squash for 40 minutes, turning over pieces at after about 20 minutes of baking
8. Garnish with parsley or cilantro