

Butternut Squash Fries

Three words. Best fries EVER. Seriously! But since these fries are not deep-fried, they won't get as crispy as regular French fries. But that's ok. The unique flavor more than makes up for it.

☆☆☆☆☆ 0 from 0 votes



COURSE
Side Dish



SERVINGS
4

CALORIES
132 kcal

INGREDIENTS

- 2 pounds butternut squash, peeled, seeds removed, and sliced into fries about 3" L x 1/2"W (or to desired size)
- 1 tablespoon coconut oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

INSTRUCTIONS

1. Preheat oven to 450 degrees. Prepare an 11 x 17 baking sheet by coating it with a little coconut oil. You can also use a [silicone mat](#).
2. Place fries in a large bowl. Stir in one tablespoon of coconut oil, and toss until well coated. Add garlic powder, salt, and pepper. Stir again.
3. Pour fries onto baking sheet, making sure none of the pieces overlap. You may need to use two baking sheets to cook at one time (or cook in two batches).
4. Bake 20 minutes on a middle oven rack. Use a metal spatula to flip fries, and then bake another 15-20 minutes.
5. Turn over to broiler setting, and flip fries one more time. Move baking sheet to the top rack. Broil 5 minutes, or until desired crispness is reached.

NOTES

- Substitute coconut oil with a different oil (avocado oil, sesame oil, etc.).
- Use a [crinkle cutter](#) to make restaurant-style fries.

NUTRITION

Calories: 132kcal

Carbohydrates: 27g

Protein: 2g

Fat: 4g

Fiber: 5g

Sugar: 5g

Green Beans with Rays of Sunshine

I made this recipe for the first time on a day in March. The weather was turning warmer, and I had major spring fever. That night, when I served the green beans at dinner, I told my husband I was having trouble coming up with a creative name to describe this dish. He took one look and immediately blurted out, "Green Beans with Rays of Sunshine." I liked it, and so the name stuck.

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COURSE

CUISINE

SERVINGS

Side Dish

American

6

INGREDIENTS

- 1 pound fresh or frozen green beans
- 1 yellow bell pepper, seeded and cored
- 1/2 tablespoon extra-virgin olive oil
- 1/4 cup minced onion
- 1/2 teaspoon dried dill
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

INSTRUCTIONS

1. Steam green beans 20-22 minutes or until tender crisp (you may also boil in a large saucepan 8-10 minutes). While green beans are cooking, shred yellow pepper in a food processor (use shredder attachment) or by hand. Drain any liquid, and set aside.
2. When green beans are done cooking, heat olive oil in a large skillet over medium heat. Add onions and yellow pepper. Cook until onions are soft and translucent. Add green beans, dill, salt, and pepper. Stir well, and serve immediately.
3. Yield: 6 servings (serving size: about 1/2 cup)

NOTES

- Serve as a side dish with [Chipotle Black Bean Burgers](#) or [Antipasto Pizza Pie](#).
- Add diced walnuts.

Green Beans with Toasted Walnuts

Green beans are so good that they don't need anything added to them at all. However, it's fun to change things up a bit. This recipe adds toasted walnuts to give regular green beans a flavor boost.

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COURSE

Appetizer, Side Dish

CUISINE

American

SERVINGS

6

INGREDIENTS

- 1 pound fresh or frozen green beans
- ½ tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon tarragon
- 1/8 teaspoon pepper
- 2 tablespoons finely diced toasted walnuts

INSTRUCTIONS

1. Wash fresh beans thoroughly and trim ends. Cut into bite-size pieces. If using a steamer, cook 20-22 minutes. If boiling, cover the beans with cold water in a large saucepan, and bring to a boil. Reduce heat, and simmer until crisp tender, about 8-10 minutes.
2. Drain green beans, and stir in olive oil, salt, tarragon, pepper, and walnuts. Serve immediately.
3. Yield: 6 servings (serving size: about ½ cup)

NOTES

- Substitute the walnuts with pecans.
- Serve with [Blackened Lentils and Onions](#), [Brown Rice Stir-fry with Orange Sauce](#), or [Two-Bean Burger](#).

Roasted Butternut Squash and Onions

As the weather gets cooler, we tend to gravitate toward certain foods - baked apples, hot soups, and, of course, fall vegetables, such as pumpkin and squash. This recipe pairs the rich sweetness of butternut squash with onions, resulting in a simple side dish that is full of flavor.

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COURSE
Side Dish

CUISINE
American

SERVINGS
8

INGREDIENTS

- 2 1/2 pounds butternut squash, peeled, seeded, and cut into 1-inch cubes (about 6 cups) peeled, seeded, and cut into 1-inch cubes (about 6 cups)
- 1 cup thinly sliced onion, sliced pole to pole see Recipe Notes
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon dried crushed rosemary
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

INSTRUCTIONS

1. Preheat oven to 400 degrees. Place butternut squash cubes and onions in a large bowl. Combine olive oil, parsley, rosemary, salt, and pepper in a smaller bowl. Pour over squash and onions, and mix well.
2. Place vegetables on an 11 x 17-inch baking sheet. Bake 15 minutes and flip. Bake another 10-15 minutes or until edges are slightly browned.
3. Yield: 8 servings (serving size: about 1/2 cup)

NOTES

- Use carrots or sweet potatoes instead of butternut squash.
- Substitute 1/2 teaspoon paprika for the rosemary.
- To slice an onion pole to pole, or into half rings, think of the onion as a globe. Trim root end (South Pole) and stem end (North Pole). Peel off outer layers. Cut onion in half from North Pole to South Pole, making a series of vertical slices perpendicular to the equator of the onion.