

Air Fryer Winter Squash Recipe

Slightly crispy, caramelized squares of winter squash with the most tender, melt-in-your-mouth interior! This air fryer squash is unbelievably easy to make. Add more seasonings and some herbs to make it your own!

Source: Good Gourds – www.goodgourds.com/air-fryer-winter-squash/

Use butternut squash or another favorite squash (or pumpkin!) This method of roasting squash is such an easy way to make a fast and healthy side dish. Squash in air fryer for the win!

May we also suggest: Black Futsu or Honeynut Squash (both have skin that is thin and edible), Long Island Cheese pumpkin, and Flat White Boer pumpkin

Ingredients

- **4-5 cups** winter squash (peeled, de-seeded, and cut into 1-inch cubes)
- **2 tablespoons** olive oil
- **1/2 teaspoon** kosher salt (+ more to taste)
- **1/4 teaspoon** freshly ground black pepper (+ more to taste)

Instructions

Preheat your air fryer to 375°F (190°C).

Place the squash cubes in a large bowl. Drizzle with olive oil and sprinkle with salt and pepper. Mix well until all of the squash pieces are coated.

Spread the squash in a single layer in your air fryer basket, avoiding overcrowding.

Air fry for 18-19 minutes, shaking the basket halfway through, until the squash cubes are tender and slightly crispy on the outside. Serve.

