

# Asian Style Butternut Squash Noodles



## Ingredients

**1 large butternut squash**  
**4 Tbsp Sesame Oil**  
**1/2 cup Sesame Seeds**  
**Salt and Pepper as desired**

## Directions

**Peel butternut squash and shred. Place in a large bowl. Add sesame oil and toss until well coated. Add salt and pepper and 1/4 cup of the sesame seeds and mix through. Preheat oven to 350°. While oven is heating, spread mixture on a baking pan and sprinkle remaining sesame seeds on top. Cook until it reaches your desired consistency.**

**\*For a crunchier texture spread the squash out on pan and keep shaking it so it gets well done all sides.**