



Butternut Squash and Black Bean Skillet

Servings 6 | Prep time 15 mins. | Total time 40 mins.

Equipment: Cutting board, Vegetable peeler or sharp knife, Measuring cups and spoons, Can opener, Strainer, Wok or large skillet

Utensils: Knife, Spatula or wooden spoon

Ingredients

- 2 $\frac{3}{4}$ cups fresh butternut squash, cubed (about 1 pound) or 15 ounces frozen, cubed butternut squash
- $\frac{3}{4}$ cup white onion, chopped (about 1 small onion)
- 1 teaspoon olive or vegetable oil
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{4}$ cup water
- 1 15 ounce can no salt added black beans, rinsed and drained
- $\frac{1}{2}$ teaspoon oregano

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Wash and dry the squash. Heat squash in the microwave on high for 1-2 minutes to soften the skin.
3. Carefully peel the squash using a vegetable peeler or small knife. Remove seeds. Cut squash into 1/2-inch cubes.
4. Heat oil in a large skillet over medium heat and add squash, vinegar, and water and stir to coat the squash.
5. Reduce heat to medium-low, cover the pan, and cook squash for about 15 minutes, or until it can be pierced easily with a fork.
6. Add beans, onion, garlic, and oregano and cook for an additional 5 minutes.

Nutritional Information:

Calories 110 Total Fat 1g Sodium 0mg Total Carbs 20g Protein 5g