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# Butternut Squash Enchiladas

Servings 8 | Prep time 30 mins. | Total time 55 mins.

## Equipment:

Cutting board

Microwave-safe dish large enough to hold squash

Medium bowl

Measuring cups and spoons

9 x 13 inch baking dish

## Utensils:

Knife

Mixing spoon

Spoon

## Ingredients

2 1/2 cups fresh or frozen cubed butternut squash or other winter squash

1 15 ounce can no salt added black beans, drained and rinsed

1/2 cup finely chopped onion

1/2 cup fresh cilantro, chopped or 3 tablespoons dried cilantro

2 teaspoons garlic powder

1/2 teaspoon cumin

1 cup low-fat shredded cheese

8, 10-inch whole wheat tortillas

1 cup salsa or 1 can (10 ounces) red or green enchilada sauce

1/2 cup plain Greek yogurt

# Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables
2. Dry squash. Pierce skin several times and place in microwave-safe dish and microwave for 6-8 minutes. Let cool.
3. Preheat oven to 375° F
4. Mix squash, beans, onion, cilantro, garlic powder, and cumin in a bowl.
5. Mix  $\frac{3}{4}$  cup of the cheese into the squash mixture.
6. Heat tortillas 2-3 at a time in the microwave for 30 seconds before filling them (this will prevent the tortillas from tearing while you roll them).
7. Put  $\frac{1}{2}$  cup of filling on each tortilla in a line. Roll the tortilla around the filling. Put tortilla into a greased 9-inch-by-13-inch baking dish with the seam face-down.
8. Cover the tortillas with the salsa or enchilada sauce. Put the rest of the cheese ( $\frac{1}{4}$  cup) on the salsa.
9. Bake for 25 minutes.
10. Serve each enchilada with 1 tablespoon of Greek yogurt.

## **Nutritional Information:**

Calories 230 Total Fat 5g Sodium 690mg Total Carbs 36g Protein 13g