



Butternut Squash Enchiladas

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

Equipment:

Cutting board
Vegetable peeler or sharp knife
Can opener
Colander
Large frying pan

Utensils:

Knife
Spatula or wooden spoon
Measuring cups and spoons

Ingredients

Non-stick spray
2 1/2 cups (fresh or frozen) butternut squash, cubed OR winter squash, cubes
1 15 ounce can no salt added black beans, drained and rinsed
1/2 cup onion, finely chopped
1/2 cup fresh cilantro, chopped OR 3 tablespoons dried cilantro
2 cloves garlic, minced OR 2 teaspoons garlic powder
1/2 teaspoon ground cumin
1 cup reduced fat cheese, shredded
8 large whole wheat tortilla
1 cup salsa OR 1 10 ounce can (red or green) enchilada sauce
1/2 cup plain Greek low-fat yogurt

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Lightly spray baking dish with non-stick spray. Dry squash and pierce the skin several times. Place squash in a microwave-safe dish and microwave for 6-8 minutes. Let cool.
3. Preheat oven to 375 degrees.
4. Mix squash, beans, onion, cilantro, garlic powder, and cumin in a bowl.
5. Mix 3/4 cup of the cheese into the squash mixture.
6. Heat 2-3 tortillas at a time in the microwave for 30 seconds before filling them. This will prevent tearing while rolling.
7. Put 1/2 cup of filling in center of tortilla. Roll tortilla around the filling. Place seam side-down in baking dish. Repeat with remaining tortillas, lining them up in a row.
8. Cover the tortillas with the salsa or enchilada sauce. Put the rest of the cheese (1/4 cup) on the salsa.
9. Bake for 25 minutes.
10. Serve each enchilada with 1 tablespoon of Greek yogurt.

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Nutritional Information:

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