



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 3/4 cups fresh butternut squash, cubed (about 1 pound) OR 15 ounces frozen butternut squash, cubed

1 small onion, chopped

1 teaspoon olive oil OR vegetable oil

1 clove garlic, minced OR 1 teaspoon garlic powder

1/4 cup red wine vinegar

1/4 cup water

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

(optional) 2 cups leafy greens (spinach, kale, etc.), shredded

1/2 teaspoon dried oregano

Nutritional Information:

Calories 110

Total Fat 1g

Sodium 200mg

Total Carbs 21g

Protein 5g

Ingredients

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 the 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.