



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 butternut squash, cubed (from 1 small squash, about 1 pound)
3/4 cup white onion, chopped (about 1 small onion)
1 teaspoon oil, vegetable or canola
1/4 teaspoon garlic powder
1/4 cup red wine vinegar
1/4 cup water
1 can 15 ounces black beans, rinsed and drained (or 1 3/4 cups cooked)
1/2 teaspoon oregano, dried

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. Peel and chop onion.
5. Add oil to a large non-stick skillet and heat over medium until oil is shimmering and flows smoothly like water.
6. Add squash, vinegar and water to pan. Stir to coat squash. Reduce heat to medium-low. Cover until squash is tender, about 15 minutes.
7. Remove lid and add drained beans, onion, garlic, and oregano. Cook, stirring occasionally, until beans are heated through, about 5 minutes.
8. Remove from pan and serve warm.

Nutritional Information:

Calories 110
Total Fat 1g
Sodium 200mg
Total Carbs 21g
Protein 5g