



# 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

## 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 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.