



Butternut Squash Enchiladas

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

Equipment: Cutting board, Large microwave-safe dish, Medium bowl, Measuring cups and spoons, 9 x 13 inch baking dish

Utensils: Knife, Spoon, Mixing spoon

Ingredients

- 2 1/2 cups butternut squash OR winter squash
- 1 15 ounce can black beans, drained and rinsed
- 1/2 cup onion, finely chopped
- 1/2 cup fresh cilantro, chopped OR 3 tablespoons dried cilantro
- 2 teaspoons garlic powder
- 1/2 teaspoon cumin
- 1 cup 2% fat cheese, shredded (cheddar or Mexican blend)
- 8 10 inch whole wheat tortillas
- 1 cup salsa OR 1 10 ounce can red or green enchilada sauce
- 1/2 cup plain Greek yogurt

Nutritional Information:

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

Instructions

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Preheat oven to 375 degrees.
3. Dry squash. Pierce skin several times and place in microwave-safe dish. Microwave for 6-8 minutes. Let cool.
4. Place cooled squash on cutting board, cut off the top inch of the squash (including the stem). Cut squash in half and spoon out seeds and pulp.
5. Place each half of squash face-side down on your microwave-safe plate or dish. Add 1/2 cup of water to the dish, microwave on high for 5-10 minutes. Check squash to see if it is soft. If not, cook for another 2-3 minutes.
6. Let squash cool then scoop out insides into a medium bowl.
7. Mix squash, beans, onion, cilantro, garlic powder, and cumin in medium bowl.
8. Mix 3/4 cup of cheese into the squash mixture.
9. Heat 2-3 tortillas at a time in the microwave for 30 seconds before filling (this will prevent them from tearing while being rolled)
10. Put 1/2 cup of filling on each tortilla in a line. Roll the tortilla around the filling. Put tortilla into a greased 9 x 13 inch backing dish with the seam face-down.
11. Cover tortillas with salsa or enchilada sauce. Put the rest of the cheese (1/4 cup) on the salsa.
12. Bake for 25 minutes.
13. Serve each enchilada with 1 tablespoon of Greek yogurt.