



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

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.

Nutritional Information:

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