

FREE SAMPLE RECIPE · HAWKINC KITCHEN

# Butternut Squash Black Bean Enchiladas

Squash and black bean enchiladas with salsa and a dollop of Greek yogurt. 220 calories and 7 g fiber.

Makes 8 servings | Serving: 1 enchilada with 1T Greek yogurt | About $1.08 per serving | 20 min + 25 min | 220 calories

## Ingredients

- 2 1/2 cups butternut squash (or other winter squash), cooked
- 1 can (15 ounces) black beans (drained and rinsed) or 1 1/2 cup cooked dried beans
- 1/2 cup onions, diced (1/2 medium onion)
- 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 (like cheddar or Mexican blend), divided
- 8 (6 inch) tortillas
- 1 cup salsa or 1 can (10 ounces) red or green enchilada sauce
- 1/2 cup plain Greek yogurt

## Nutrition Facts

Per serving (1 enchilada with 1T Greek yogurt)

| | |
|---|---|
| **Calories** | **220** |
| Total Fat | 4 g |
| Saturated Fat | 1.5 g |
| Sodium | 850 mg |
| Total Carbohydrate | 36 g |
| Dietary Fiber | 7 g |
| Total Sugars | 5 g |
| Added Sugars | 0 g |
| Protein | 12 g |
| Calcium | 133 mg |
| Iron | 2 mg |
| Potassium | 490 mg |

## Method

1. Heat the oven to 375°F.
2. Mix the squash, beans, onion, cilantro, garlic powder and cumin, then stir in 3/4 cup cheese.
3. Roll 1/2 cup filling in each tortilla and place seam side down in a greased 9×13-inch dish.
4. Top with salsa or enchilada sauce and the rest of the cheese.
5. Bake 25 minutes. Serve each with 1 tablespoon Greek yogurt.

**Swaps:** A 2-3 pound squash gives about 2 cups diced. Try chili powder instead of cumin.

**Storage:** Refrigerate up to 4 days.

## Why it's good for you

- Butternut squash is rich in vitamin A.[1]
- Black beans add fiber and protein.[2]

[1] NIH Office of Dietary Supplements: Vitamin A fact sheet, https://ods.od.nih.gov/factsheets/VitaminA-Consumer/
[2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Legumes and Pulses, https://nutritionsource.hsph.harvard.edu/legumes-pulses/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/butternut-squash-enchiladas/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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