

Roasted Butternut Squash & Chipotle Black Bean Tacos



This satisfying vegetarian dish features winter squash and a balance of sweet and savory flavors, creating a fiesta for your tastebuds!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

For the filling:

1 each	Butternut Squash (about 2 lb.), peeled and diced small (about 4 cups)
2 tsp	Olive or Canola Oil, <u>divided</u>
½ tsp	Garlic Powder
½ tsp	Onion Powder
¼ tsp	Oregano, dried
¼ tsp	Paprika, Smoked or Sweet
½ tsp	Kosher Salt, <u>divided</u>
½ medium	Onion, red or yellow, diced
3-4 each	Garlic cloves, minced
½ tsp	Chipotle Chili Powder
½ tsp	Cumin, ground
To Taste	Black Pepper, freshly ground
1-15oz. can	Black Beans, low-sodium or no salt added, undrained
16 each	Corn Tortillas

Toppings (see separate recipes):

Sweet & Spicy Apple Cabbage Slaw
Cilantro Lime Avocado Crema
Quick Pickled Red Onions

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F.
2. **Roast the squash:** Add the diced squash to a sheet tray and add 1 tsp oil, garlic powder, onion powder, oregano, paprika, and ¼ tsp of the salt, tossing to combine thoroughly. Spread in an even layer and roast for about 10-15 minutes, tossing halfway through, if desired (cooking time will depend on the size of the pieces). Set aside.
3. **Cook the beans:** Heat a large skillet or sauté pan over medium heat and add the remaining 1 tsp oil once hot. Add the diced onion and cook until translucent and lightly browned, about 2-4 minutes. Add the garlic and sauté for about 30 seconds to a minute. Add the chipotle powder,

CHEF'S NOTES

Butternut squash is one of the sweetest of the winter squashes which makes it the perfect addition to the spicy beans in these tacos. It's a low-calorie source of Vitamins A and C, and Potassium.

If you don't have chipotle chili powder, you can use regular chili powder or try canned chipotles in adobo (start with a little and add more to your desired heat preference).

If you crave a meatier taco, you can add 4oz. of ground beef, turkey, or chicken. A little chorizo or spicy chicken sausage would also be delicious. Just brown it in the pan before cooking the onions for the beans.

Prefer rice to tortillas as your source of whole grains? You can add this filling to a bowl with cilantro lime brown rice and all the toppings. The filling also would be delicious in a quesadilla or added to scrambled eggs for breakfast!

cumin, remaining ¼ tsp salt, stirring to coat the onions and toasting the spices for about 30 seconds more. Add the beans with their juices and stir to combine. Sauté for about 5 minutes, adding water, a few tablespoons at a time, if mixture becomes too dry. Stir in the reserved butternut squash, add the black pepper to taste and remove from the heat.

4. **Assemble the tacos:** Heat the tortillas in a dry skillet over medium-high heat or char directly over open flame of gas stove, as desired. Top each tortilla with 1/3 cup of the squash and bean filling, ½ cup slaw, 1 Tbsp of the crema, and a few pickled onions. Enjoy!

Nutrition Facts

8 servings per container

Serving Size 2 Tacos with toppings (320 g)

Amount per serving

Calories 290

% Daily Value *

Total Fat 9g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460mg 20%

Total Carbohydrate 49g 18%

Dietary Fiber 11g 39%

Total Sugars 10g

Includes 2g Added Sugars 3%

Protein 8g 16%

Vitamin D 0mcg 0%

Calcium 90mg 7%

Iron 2mg 11%

Potassium 700mg 14%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

