

Chipotle Butternut Squash & Black Bean Tacos



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

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

INGREDIENTS

For the butternut squash:

4 cups	Butternut Squash, peeled and diced small ½" (about 1- 1 ½ lb.)
1 tsp	Olive Oil
½ tsp	Garlic Powder
½ tsp	Onion Powder
½ tsp	Oregano, dried
¼ tsp	Paprika, Smoked or Sweet
¼ tsp	Kosher Salt

For the black beans:

1 tsp	Olive Oil
½ medium	Onion, red or yellow, diced
3-4 each	Garlic cloves, minced
½ tsp	Chipotle Chili Powder
½ tsp	Cumin, ground
¼ tsp	Kosher Salt
1 (15oz.) can	Black Beans, low-sodium or no salt added, <u>undrained</u>

For the toppings & assembly:

1 recipe	Cilantro Lime Avocado Crema
2 cups	Cabbage, any color, shredded
16 each	Corn Tortillas

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a sheet tray with parchment paper.
2. **Roast the squash:** Add the diced squash to the prepared sheet tray along with 1 tsp olive oil and the spices and salt, tossing to combine thoroughly. Spread in an even layer and roast for about 10-15 minutes, tossing halfway through. Set aside.
3. **Cook the beans:** Heat a medium sauté pan over medium heat and add 1 tsp oil once hot. Add the diced onion and cook until translucent and lightly browned, about 2-4 minutes. Add the garlic

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).

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 would also be delicious in a quesadilla or added to scrambled eggs for breakfast!

and sauté for about 30 seconds to a minute. Add the chipotle powder, cumin, and salt, stirring to coat the onions and toasting the spices for about 30 seconds more.

4. Add the beans with their juices and stir to combine. Sauté for about 5 minutes, adding water, a few tablespoons at a time, if the mixture becomes too dry. Stir in the reserved butternut squash and remove from the heat.

5. **Prepare the toppings:** Make the Cilantro Lime Avocado Crema according to the recipe and reserve half for serving. Place half of the crema in a small mixing bowl and add the shredded cabbage, stirring to combine.

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 along with the crema and cabbage mixture, as desired. Enjoy!

Nutrition Facts	
8 servings per container	
Serving size 2 tacos with toppings (260g)	
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 45g	16%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1.9mg	10%
Potassium 710mg	15%
<small>* 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.</small>	

CONTAINS: MILK

