

Butternut Squash with Black Beans

Butternut squash and black beans make a hearty side dish that is delicious and full of fiber and protein.

Makes: 6 Servings

Cook/Prep Time: Approximately 45 minutes

Source: ChooseMyPlate.gov

Ingredients

- 2 3/4 cups Butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- 1/4 teaspoon garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- 1/2 teaspoon oregano

Directions

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully cut in half and peel the squash. Scoop out and discard the seeds.
3. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash. Cook for 5 minutes on medium heat.
6. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
7. Add the beans and oregano. Cook until the beans are heated through.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	232
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	291 mg
Total Carbohydrates:	44 g
Dietary Fiber:	14 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	13 g

Utensils Needed

- Cutting Board
- Sharp Knife
- Spoon
- Large Pan
- Measuring Utensils

SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$7.30

Average cost/serving: \$1.22

Recipe makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Small Butternut Squash



Add 1 to Cart
Red Wine Vinegar



Add 1 to Cart
Yellow Onion (20 oz avg.)



Add 2 to Cart
Canned Black Beans 15 oz

My Cooking Notes