

BLACK BEAN BUTTERNUT TACOS

Serves: 4

INGREDIENTS

- 8 corn tortillas
- 8 leaves of romaine lettuce, washed or 2 large handfuls of other salad greens, washed
- 2 cans black beans, drained and rinsed
- ½ of a whole roasted butternut squash or 1 bag (400g) frozen cubed butternut squash or 2 cups cubed sweet potato (½ inch cubes)
- 2 tsp. chilli powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 cup salsa
- 1 ripe avocado (optional), sliced
- 2 limes, quartered

NUTRITIONAL INFORMATION

Per serving (2 tacos with ¼ avocado)

CALORIES 437

PROTEIN 16.8g

FAT 10g

FIBER 18g



INSTRUCTIONS

1. If using leftover roasted butternut squash, scoop it into a non-stick skillet over medium heat and cook until browned, adding 1 Tbsp. water at a time as needed to prevent sticking. If using frozen cubed squash or sweet potatoes, put them in a pot and add enough water to cover then bring to a boil and cook until soft (about 10-15 minutes), then drain and mash, then add to skillet as above.
2. Add drained black beans, chilli powder, cumin, salt and garlic powder to skillet with the squash/sweet potato, and stir until combined.
3. Add the salsa to the skillet, stir until combined and heated through.
4. Place 1 large leaf of romaine lettuce or other greens on each tortilla.
5. Divide squash and black bean mixture between tortillas and serve with avocado and squeeze of lime juice on each.

