



Butternut Squash and Black Bean Tacos (Vegetarian)

Not your traditional taco filling, but delicious and nutritious. Roasted butternut squash is loaded with vitamin A and black beans are a great source of protein and fiber. Suitable for vegetarians.

Approximate preparation time: 40 minutes.

Ingredients

- 1 TBSP chili powder
- 1 tsp. EACH salt, ground cumin
- 3/4 tsp. smoked or hot paprika
- 1/2 tsp. garlic powder
- 1 medium butternut squash, peeled, seeded and diced into 1/2" cubes (about 5 cups cubed)
- 2 TBSP oil
- 1 15-ounce can black beans
- 1/2 cup plain Greek-style yogurt
- 2 tsp. lime juice
- 8 corn tortillas, warmed
- Toppings as desired: shredded lettuce or cabbage, avocado, cheese, cilantro

Preheat oven to 425 degrees. In a large bowl mix together chili powder, salt, cumin, paprika and garlic. Remove 1 tsp. spice mix to a small bowl and set aside. Add squash and olive oil to bowl with spices; toss to coat evenly. Spread onto a large cookie sheet and roast in preheated oven for about 20-25 minutes, tossing a few times, until tender. While squash is roasting, heat black beans in a small saucepan. For sauce, add yogurt and lime juice to reserved spice mix and stir until well-combined. To assemble, spoon squash and black beans onto corn tortillas and top with sauce. Makes 8 tacos.

Nutrition information per taco: (no toppings)



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