

Squash & Black Bean Enchiladas*

6 SERVINGS 55 MINUTES



INGREDIENTS

4 1/2 cups Butternut Squash (peeled, seeds removed, cubed)
2 1/4 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Smoked Paprika
2 2/3 cups Black Beans (cooked, rinsed)
2 cups Enchilada Sauce (divided)
6 Whole Wheat Tortilla (large)
6 ozs Cheddar Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	428	Sodium	852mg
Fat	16g	Vitamin A	12339...
Saturated	8g	Vitamin C	22mg
Carbs	54g	Calcium	379mg
Fiber	13g	Iron	4mg
Sugar	5g	Vitamin K	10µg
Protein	19g	Magnesium	137mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Add the butternut squash to the baking sheet and toss with oil, salt, pepper, and smoked paprika. Roast for 20 to 25 minutes or until browned and fork-tender.
- 02 Add the cooked squash to a large bowl along with the black beans. Toss to combine.
- 03 Pour 1/3 of the enchilada sauce on the bottom of the baking dish.
- 04 Place a tortilla on a flat surface and scoop out the squash and bean mixture into the tortilla in a line down the center. Roll tightly and transfer to the prepared baking dish, seam side down. Repeat with the remaining tortillas and filling.
- 05 Pour the remaining enchilada sauce on top of the tortillas. Top with cheese. Place in the oven and bake for 15 minutes, covered. Remove the cover and bake for an additional five minutes. Let cool slightly before serving. Enjoy!

NOTES

LEFTOVERS

Freeze wrapped enchiladas without the enchilada sauce in a sealed container for up to three months. Let thaw overnight in the fridge and bake as directed with the sauce and cheese.

SERVING SIZE

One serving is one enchilada.

MAKE IT VEGAN

Use a dairy-free cheese.

MORE FLAVOR

Add ground cumin, garlic, cayenne, and/or chili powder to the butternut squash.

ADDITIONAL TOPPINGS

Top with sour cream, cilantro, and/or avocado.

GLUTEN-FREE

Use gluten-free tortillas.