

BLACK BEAN AND BUTTERNUT SQUASH BURRITOS

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1 burrito)

Nutrition (per serving)

Calories: 207

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 424 mg

Total Carbohydrate: 35 g

Dietary Fiber: 15 g

Total Sugars: 4 g

Protein: 12 g



Ingredients

- 1 Tablespoon canola oil
- 1 cup chopped onion
- 3 cups cubed butternut squash
- 1 - 15 ounce can no salt added black beans, rinsed
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 8 small whole wheat tortillas (use gluten free tortillas for GF version)
- 1 cup shredded, part-skim mozzarella cheese
- ½ cup light sour cream



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Directions

1. In a large covered skillet over medium-high heat, cook onion and squash in olive oil for 6-7 minutes, stirring occasionally.
2. Add beans, cumin and cinnamon, stir well and cook additional 2-3 minutes or until heated through.
3. Place 1/8 cup of cheese on tortilla and spoon ½ cup bean and squash mixture on top. Top with 1 Tablespoon light sour cream. Fold in sides, then roll tightly.