

# BLACK BEAN AND BUTTERNUT SQUASH ENCHILADAS

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

*Serves: 8 (Serving= 1 enchilada)*

## Nutrition (per serving)

Calories: 251

Total Fat: 6 g

Saturated Fat: 2 g

Sodium: 485 mg

Total Carbohydrate: 33 g

Dietary Fiber: 13 g

Total Sugars: 4 g

Protein: 13 g



## Ingredients

### *Enchiladas*

- ½ Tablespoon canola oil
- ⅔ cup diced onion
- 3 cups peeled and cubed butternut squash
- 1 – 15 ounce can no salt added black beans, drained and rinsed

### *Sauce*

- 1 cup water
- 1 - 8 ounce can no salt added tomato sauce

- 1 ¼ cups divided part-skim shredded mozzarella cheese
- 8 – 6 inch whole grain flour tortillas (choose gluten free for GF version)
- Cooking spray
- 1 Tablespoon all-purpose flour (choose gluten free flour blend or cornstarch for GF version)
- 1 ½ Tablespoons chili powder



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- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 1 ½ teaspoons Splenda® brown sugar blend
- 1 teaspoon canola oil
- 1 teaspoon onion powder
- ¼ teaspoon ground cinnamon

## Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large skillet on medium-high heat, sauté onion and squash in canola oil for 8-10 minutes or until squash is fork tender. Stir often to prevent burning. Add black beans and stir to combine.
3. Place 1 ½ Tablespoons of mozzarella cheese down the middle of the tortillas. Spoon black bean and squash mixture on top, roll tightly and place in the bottom of a sprayed 8 x 8" baking dish.
4. In a small saucepan over medium-high heat, whisk together sauce ingredients. Bring to boil and then simmer 4-5 minutes. Pour over enchiladas.
5. Top each enchilada with ½ Tablespoon of mozzarella cheese and bake uncovered for 25-30 minutes.



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