Butternut Squash and Black Bean Enchilada Skillet

A healthy vegetarian Mexican-inspired dinner -- butternut squash and black bean enchilada skillet. Ready in less than 30 minutes! 13g fiber & 16g protein per serving!

Ingredients

- 2 teaspoons olive oil
- 3 cups 1/2-inch-diced, peeled butternut squash (from about a 2-lb. squash)
- 1 medium yellow onion, diced
- 3 cloves of garlic minced
- 1/2 jalapeno, seeded and diced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 - 15 ounce can black beans, rinsed and drained (low sodium)
- 3-4 yellow corn tortillas, cut into thick strips
- 1-15 ounce can red enchilada sauce
- 1 cup reduced-fat colby jack or mexican cheese (or whatever you prefer), divided
- Fresh, chopped cilantro

Salsa and low-fat sour cream, for serving

Instructions

1. Heat olive oil over medium-high heat in large oven-proof skillet. Add onions, garlic, and jalapeno and cook 2-3 minutes until onions become translucent and garlic is
fragrant. Add cubed squash, cumin and chili powder. Cook, stirring occasionally, until
the squash is slightly tender, 10-13 minutes. You want the squash to be fork tender, but
not so tender that it starts to fall apart and become mush.
2. Next add the black beans, corn tortilla pieces, and can/jar of enchilada sauce and
stir to combine. Reduce heat to medium-low and sprinkle in 1/2 cup of cheese. Stir
again and simmer for a few minutes. Turn on your oven broiler to high. Sprinkle an
additional 1/2 cup of cheese over the top of the enchilada mixture and place in oven
under broiler for 3-5 minutes until cheese melts and tortilla edges become a tiny
golden brown. Remove from heat, sprinkle with fresh chopped cilantro and serve
immediately. Serve with sour cream, salsa, guacamole, or hot sauce! Enjoy!

**Nutrition Information**

- Serves: 4 servings
- Serving size: 1/4th of recipe
- Calories: 405
- Fat: 12.5g
- Carbohydrates: 42.8g
- Sugar: 7.5g
- Fiber: 13.7g
- Protein: 16.8g

Recipe type: Mexican, Healthy, Dinner, Vegetarian
Cuisine: Mexican
Prep time: 5 mins
Cook time: 20 mins
Total time: 25 mins

This recipe is from Monique Volz/Ambitious Kitchen