



Recipe of the Month—October 2015

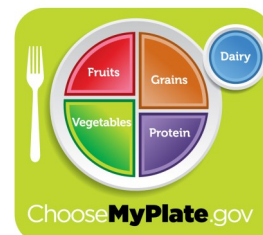
Butternut Squash Enchiladas

Serves 8

Serving Size: 1 enchilada

Ingredients:

2 1/2 cups	cooked butternut squash (or other winter squash)
1 can (15 ounces)	drained and rinsed black beans
1/2 cup	diced onions
1/2 cup	chopped fresh cilantro or 3 tablespoons dried cilantro
2 teaspoons	garlic powder
1/2 teaspoon	cumin
1 cup	shredded 2% cheese (like cheddar or Mexican blend), divided
8	tortillas (6 inch)
1 1/2 cups	salsa or 1 can (10 ounces) red or green enchilada sauce
1/2 cup	Greek yogurt



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Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Mix the squash, beans, onion, cilantro, garlic powder, and cumin in a bowl.
3. Mix 3/4 cup of the cheese into the squash mixture.
4. Put a 1/2 cup strip or filling on each tortilla. Roll the tortilla around the filling. Put the tortilla into a greased 9x13 inch baking dish with the seam down.
5. Cover the tortillas with the salsa or enchilada sauce. Put the rest of the cheese (1/4 cup) on the salsa or sauce.
6. Bake for 25 minutes.
7. Serve each enchilada with 1 tablespoon of Greek yogurt.

NUTRITION FACTS PER SERVING: 200 calories, 3.5 g total fat (1 g sat. fat), 5 mg cholesterol, 500 mg sodium, 34 g carbohydrates, 5 g fiber, 3 g sugar, 10 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar*