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

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.
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