

Recipe of the Month – November 2024

Butternut Squash & Black Bean Skillet

Serves: 6

Serving Size: 2/3 cup

Cost per Serving: \$0.42

Ingredients:

2 3/4 cups fresh butternut squash, cubed (about 1 pound) OR

15 ounces frozen butternut squash, cubed

1 small onion, chopped

1 teaspoon olive oil OR vegetable oil

1 clove garlic, minced OR 1 teaspoon garlic powder

1/4 cup red wine vinegar

1/4 cup water

1 15 oz can no salt added black beans, drained and rinsed

2 cups leafy greens (optional) (shredded)

1/2 teaspoon dried oregano



Directions:

1. Wash and dry the squash. Heat squash in the microwave on high for 1-2 minutes to soften the skin.
2. Carefully peel the squash using a vegetable peeler or small knife. Remove seed. Cut Squash into 1/2-inch cubes.
3. Heat oil in a large skillet over medium heat and add squash, vinegar and water and stir to coat the squash.
4. Reduce heat to medium-low, cover the pan, and cook the squash for about 15 minutes, or until it can be pierced easily with a fork.
5. Add beans, onion, garlic, and oregano and cook for an additional 5 minutes.

TIPS

- Sweet potatoes may be substituted for butternut squash.
- Add even more color to this dish by stirring in spinach or kale while beans are heating.
- Balsamic vinegar may be substituted in place of red wine vinegar.

Nutrition Facts per Serving: 110 calories, 1g total Fat (0.1g sat. fat),

0mg. Cholesterol, 0mg Sodium, 20g Carbohydrates, 7g Fiber, 2g Sugar, 5g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar



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