

# BUTTERNUT SQUASH & BLACK BEAN ENCHILADAS

A crisp, citrusy slaw contrasts nicely with the enchiladas' creamy squash filling.

Active Time: 25 mins | Total Time: 45 mins



## INGREDIENTS

- 3 tablespoons extra-virgin olive oil, divided
- 3 cups diced peeled butternut squash
- 2 medium poblano peppers, seeded and chopped
- 1 medium onion, chopped
- 1 (14 ounce) can no-salt-added black beans, rinsed
- 4 tablespoons chopped fresh cilantro, divided, plus more for serving
- 1 tablespoon ancho chile powder
- 8 corn tortillas, warmed
- 1 (10-ounce) can enchilada sauce (see Tip)\*
- ½ cup shredded Monterey Jack cheese
- 2 cups shredded cabbage
- 1 tablespoon lime juice

## NUTRITION PROFILE

Nut-Free Soy-Free High-Fiber Heart-Healthy  
Vegetarian Egg-Free Gluten-Free Low-Calorie

## NUTRITION FACTS

Serving Size 2 enchiladas & 1/2 cup slaw calories 428 total fat 17g; saturated fat 4g; cholesterol 13mg; sodium 491mg; total carbohydrate 58g; dietary fiber 11g; total sugars 6g; protein 13g; potassium 779mg

## DIRECTIONS

### Step 1

Preheat oven to 425°F. Lightly coat a 7-by-11-inch baking dish with cooking spray.

### Step 2

Heat 2 tablespoons oil in a large skillet over medium heat. Add squash and cook, covered, stirring occasionally, until tender and lightly browned, 8 to 10 minutes. Add peppers and onion and cook, uncovered, stirring occasionally, until tender, about 5 minutes. Remove from heat and stir in beans, 2 tablespoons cilantro and chile powder. Let cool for 5 minutes.

### Step 3

Place about 1/2 cup of the squash mixture in each tortilla and roll. Place, seam-side down, in the prepared baking dish. Top with enchilada sauce. Sprinkle with cheese and cover with foil. Bake until bubbly, about 15 minutes. Remove foil and bake for another 5 minutes.

### Step 4

Meanwhile, toss cabbage with lime juice, the remaining 1 tablespoon oil and 2 tablespoons cilantro. Serve the enchiladas topped with the slaw and more cilantro, if desired.

### \*TIP

Store-bought enchilada sauce is a fast and easy way to add a ton of flavor to a dish, but it can be high in sodium, so look for one that has less than 300 milligrams per serving.



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