



## Butternut Squash Mexican Skillet

4 servings  
50 minutes

### Ingredients

- 1 White Or Yellow Onion
- 2 tbsps Canola Oil
- 2 lbs Butternut Squash (1 Medium)  
(medium squash = 3 cups cubes)
- 1 3/4 cups Black Beans (drained and rinsed)
- 1 3/4 cups Diced Tomatoes (sub fresh diced tomatoes when in season)
- 1 cup Frozen Corn
- 1/4 cup Cilantro (can sub dried - use 1/2 the amount)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Salt

Toppings (as desired: sour cream, shredded cheese, salsa, tortillas, taco shells, or bed of lettuce)

### Nutrition

Amount per serving	
Calories	336
Fat	8g
Saturated	1g
Trans	0g
Carbs	60g
Fiber	14g
Sugar	10g
Protein	12g
Cholesterol	0mg
Sodium	669mg
Vitamin A	25300IU
Vitamin C	62mg
Calcium	167mg
Iron	5mg

### Directions

- 1 Slice onion into wedges and add to large sauté pan with canola oil and begin to cook over medium heat. Stir occasionally to ensure even cooking.
- 2 Meanwhile, peel, seed, and cube butternut squash. Add squash to skillet with onion as cubes are cut. Turn heat up to medium-high and cook 15-20 minutes until butternut is soft enough to insert a fork.
- 3 Add all remaining ingredients to skillet. Cook additional 8-10 minutes until heated through, stirring just enough to mix well but taking care not to mash squash.
- 4 Serve plain with toppings, over a bed of greens, in tortillas (burrito-style), or over tortilla chips (like nachos). Toppings suggestions: shredded cheese, sour cream or plain Greek yogurt, fresh cilantro, or salsa.

### Notes

Total Time: 50-55 min: Prep time: 30 min // Cook time: 20-25 min

Serving Size: 1 1/2 cups

**Pro Tip:** Fresh always tastes better, but if you don't have fresh herbs on hand substitute their dried equivalent in one-third the amount. For example, if a recipe calls for 1 Tbsp. freshly minced parsley, substitute 1 tsp. dried parsley (3 tsp = 1 Tbsp).

**Cooking Equipment:** Cutting board // Chef's knife // Large sauté pan // Vegetable peeler

**Leftovers:** Refrigerate in airtight container up to 5 days.

**Slice onion into wedges:** trim top and base off onion, then peel tough outer layers (usually top 1–2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick.

**Peel and seed butternut squash:** Peel with vegetable peeler. If too tough, stab with a fork several times, then microwave 5 min until begins to soften. Cut squash in half crosswise above the bell, below thinner neck. Next cut bell in half lengthwise. Use a spoon to scrape out seeds.

**Cube butternut squash:** Cut neck of squash into 1/4-inch wide slices. Lay slices flat and cut lengthwise into strips. Turn strips a quarter-turn; cut across slices into cubes. Lay bell cut-side down and slice into wedges, then turn quarter-turn and cut across slices into cubes.