

Butternut Squash with Black Beans

Ingredients:

- 2 3/4 cup Butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- 1/4 teaspoon garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 can black beans (16 ounces each, rinsed and drained)
- 1/2 teaspoon oregano

Directions:

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

Serves 6. Source: MyPlate Kitchen
Per serving: 232 calories; Fat n/a;
Sodium 291 mg; Carbs 44 g (fiber 14
g, sugars 2 g); Protein 13 g



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