

# Butternut Squash with Black Beans

**Makes:** 6 servings

## Ingredients

2 3/4 cups 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 cans low sodium 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.

**Total cost:** \$3.12

**Per serving:** \$0.52

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website



## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>(280g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 82mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 698mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

