

#LetsCook30

BUTTERNUT SQUASH TACOS

Servings: 4-6

Ready in about: 50 minutes

2 lbs (1 large)	butternut squash, peeled and cut into 1/2 to 3/4" cubes
2 tbsp	vegetable oil
1 tsp	salt
1 tsp	ground cumin
1/2 tsp	garlic powder
1/2 tsp	onion powder
1/2 tsp	chili powder
1/4 tsp	chipotle powder, cayenne, or hot sauce (to taste)
1/2 tsp	paprika
12 small	flour or corn tortillas
1 – 19 oz can	canned black beans, mashed
1	lime, cut in wedges
Add-ins	sliced avocado, pickled red onions , cilantro, hot sauce, chopped tomatoes

Nutrition Tip

To increase the fibre in this recipe, we used whole wheat tortillas.

INSTRUCTIONS:

1. Heat oven to 400°F. Toss squash with 2 tablespoons of olive oil, then add salt, cumin, garlic powder, onion powder, chili powder, chipotle powder, and paprika and toss to coat.
2. Spread out on parchment covered baking sheet and roast for 40 – 45 minutes, tossing once or twice for even colour.
3. While squash is roasting, open can of black beans, drain and rinse under cold water. Mash with a fork. Set aside. Prepare other add-ins as desired but definitely make the pickled onions.
4. Wrap tortillas in foil and warm in oven for about 5 minutes.
5. To assemble: spread some mashed beans on each tortilla. Add a spoonful or two of roasted squash. Squeeze a little lime juice over the squash and black beans and finish with toppings of your choice.

TIPS:

- This recipe works well with sweet potato or even tofu pieces in replacement for the squash
- If planning to make [Hummus and Roasted Vegetable Toast](#), remove 1/2 cup squash once roasted.

Adapted from: Smitten Kitchen. <https://smittenkitchen.com/2018/03/sweet-potato-tacos/>. Accessed 2018.

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/letscook30



York Region