

Butternut Squash with Black Beans

Ingredients:

- 1 small Butternut Squash, peeled and cut into 1/2 inch cubes
- 1 tsp vegetable oil
- 1 small onion, chopped
- 1/4 tsp garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans (16 oz) black beans, low sodium, rinsed and drained
- 1/2 tsp oregano

Instructions:

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



Nutritional Information

Serves: 6

Calories: 120

Total Fat: 1g

Saturated Fat: 0g

Protein: 6g

Cholesterol: 0mg

Carbohydrates: 28g

Dietary Fiber: 8g

Sodium: 270mg

Calories from Fat: 7.5%