



A Nutrition Resource

BUTTERNUT SQUASH ENCHILADAS

Yield: 8 Servings | Serving Size: 1 enchilada with 1 Tablespoon Greek yogurt
Cost/Serving: \$1.30

Ingredients:

- 2 1/2 cups cooked butternut squash (or other winter squash)
- 2 cups cooked black beans or 1 (15-ounce) can drained and rinsed
- 1/2 cup diced onions (1/2 medium onion)
- 1/2 cup chopped fresh cilantro or 3 Tablespoons dried cilantro
- 2 teaspoons garlic powder
- 1/2 teaspoon cumin
- 1 cup shredded cheese (like cheddar), divided
- 8 6-inch corn or whole wheat tortillas
- 1 1/2 cups salsa or 1 (10-ounce) can red or green enchilada sauce
- 1/2 cup Greek yogurt

Directions:

- 1) Preheat the oven to 375°F.
- 2) Mix the squash, beans, onion, cilantro, garlic powder, and cumin in a bowl.
- 3) Mix 3/4 cup of the cheese into the squash mixture.
- 4) Put a 1/2 cup strip of filling on each tortilla. Roll the tortilla around the filling. Put the tortilla in a greased 9 x 13-inch baking dish with the seam down.
- 5) Cover the tortillas with the salsa or enchilada sauce. Put the rest of the cheese (1/4 cup) on the salsa or sauce.
- 6) Bake for 25 minutes.
- 7) Serve each enchilada with 1 Tablespoon of Greek yogurt.

Nutrition Facts

8 servings per container
Serving size 1 enchilada with 1 tablespoon Greek yogurt (209g)

Amount per serving	
Calories	220
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 2mg	10%
Potassium 401mg	8%

*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.



This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website at www.extension.iastate.edu/foodsavings

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