



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.](http://www.extension.iastate.edu/foodsavings) website at www.extension.iastate.edu/foodsavings

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