



Black Bean and Butternut Squash Enchilada Skillet

Recipe Source: www.melskitchencafe.com

Ingredients:

- 1 Tbsp canola oil
- ½ cup chopped red or yellow onion
- 2 cloves garlic, finely minced
- 1 jalapeno, seeded and diced (optional)
- 4 cups peeled, seeded, and diced butternut squash
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp ground cumin
- 2 tsp chili powder
- 1 (15 oz) can black beans, rinsed and drained
- 8 corn tortillas, cut in thirds then sliced in half
- 2 cups green enchilada sauce
- 2-3 cups cooked, cubed chicken
- ¼ cup chopped cilantro
- 4 oz shredded Monterey Jack cheese (about 1 cup), divided

Steps:

- In a large 12-inch nonstick skillet, heat the oil over medium heat and add the onion, garlic, and jalapeno if using. Cook 5-7 minutes, stirring occasionally, until the onions soften.
- Stir in the butternut squash, salt, pepper, cumin, and chili powder. Cook about 10-12 minutes, stirring every few minutes until the squash is tender.
- Stir in the beans, tortillas, and enchilada sauce. Bring the mixture up to simmer and cook for a couple of minutes so the tortillas can soak up some of the sauce and start to cook down just a bit.
- Add the chicken, cilantro, and ½ cup of the cheese. Stir to combine and heat through. Sprinkle the remaining ½ cup cheese on top, cover, and let the mixture sit over medium-low heat just until the cheese melts.

Tips from the Test Kitchen: For a filling meatless meal, leave out chicken. Leave it as is or add an additional cup of beans.

Nutritional Facts: per serving Calories: 328, Carbohydrates: 35 grams, Protein: 25 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 57 mg, Sodium: 810 mg, Fiber: 7 grams, Total Sugars: 4 grams.