

# Butternut Squash Mexican Skillet



## Ingredients

- 1 large white or yellow onion
- 2 Tbsp. canola oil
- 1 medium butternut squash (about 2-3 lbs)
- 2 (14.5 oz) cans black beans, or about 3 cups
- 1 (14.5 oz) can diced tomatoes, or 2 medium tomatoes diced
- 2. frozen corn
- 1 tsp. salt
- 1 tsp. cumin
- 1 Tbsp. cilantro
- 1 Tbsp. chili powder

## Instructions

1. Prepare onion: trim top and base off onion, then peel tough outer layers (usually top 1—2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick.
2. In a large, deep skillet heat canola oil until shimmering over medium-low heat. Add onion and sauté at medium-low temperature, stirring occasionally to ensure even cooking while preparing butternut squash.
3. Prepare butternut squash: peel squash using a vegetable peeler (can microwave for a few minutes to soften squash slightly). Cut bell of squash from the neck, then cut bell in half. Remove seeds by scraping inside of squash firmly with a spoon. Cut squash into evenly sized 1/4-inch cubes.
4. Add butternut squash cubes to skillet, turn heat up to medium-high, and cook 15-20 minutes until butternut is soft enough to insert a fork.
5. Add all remaining ingredients and seasonings to skillet. Cook over medium-high heat another 8-10 minutes until heated through, stirring just enough to mix well.
6. Serve plain, in tortillas, or over tortilla chips. Additional toppings: shredded cheese, sour cream or plain Greek yogurt, cilantro, or salsa

Prep time: 20-30 min // Cook time: 20-30 min // Total time: 40-60 min - Serves 6 - Serving Size: 1.5 cups - Nutrients per serving: 373calories -- 7g total fat -- 1g saturated fat -- 0g *trans*fat -- 0mg cholesterol -- 432mg sodium -- 68g total carbohydrates -- 18g fiber -- 10g sugar -- 17g protein -- [www.peasandhoppiness.com](http://www.peasandhoppiness.com)

Pro tip: for a more filling meal, add diced, sautéed chicken breast