



# Butternut Squash and Black Bean Skillet

Servings 6 | Prep time 15 mins. | Total time 40 mins.

Equipment: Cutting board, Vegetable peeler or sharp knife, Measuring cups and spoons, Can opener, Strainer, Wok or large skillet  
Utensils: Knife, Spatula or wooden spoon

## Ingredients

2  $\frac{3}{4}$  cups fresh butternut squash, cubed (about 1 pound) or 15 ounces frozen, cubed butternut squash  
3/4 cup white onion, chopped (about 1 small onion)  
1 teaspoon olive or vegetable oil  
1/4 teaspoon garlic powder  
1/4 cup red wine vinegar  
1/4 cup water  
1 15 ounce can no salt added black beans, rinsed and drained  
1/2 teaspoon oregano

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Wash and dry the squash. Heat squash in the microwave on high for 1-2 minutes to soften the skin.
3. Carefully peel the squash using a vegetable peeler or small knife. Remove seeds. Cut squash into 1/2-inch cubes.
4. Heat oil in a large skillet over medium heat and add squash, vinegar, and water and stir to coat the squash.
5. Reduce heat to medium-low, cover the pan, and cook squash for about 15 minutes, or until it can be pierced easily with a fork.
6. Add beans, onion, garlic, and oregano and cook for an additional 5 minutes.

## Nutritional Information:

Calories 110  
Total Fat 1g  
Sodium 0mg  
Total Carbs 20g  
Protein 5g