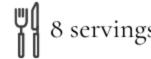
Black Bean & Butternut Squash Enchiladas | 🖷 8 servings



INGREDIENTS

1/2 c diced onion

3 c butternut squash, peeled and cubed

1/2 tbsp canola oil

1 15-ounce can no salt added black beans

1 1/4 c part-skim shredded mozzarella cheese

8 6-inch whole grain flour tortillas

Cooking spray



SAUCE

1 tsp canola oil

1 c water

1 8-oz can tomato sauce

1 tbsp all-purpose flour

1 1/2 tbsp chili powder

2 tsp ground cumin

2 tsp garlic powder

1 tsp onion powder

1/4 tsp cinnamon

1/4 tsp salt

1 1/2 tsp brown sugar



DIRECTIONS

- **1.** Preheat oven to 375 degrees Fahrenheit.
- In a large skillet on medium-high heat, sauté onion and squash in canola oil. Stir often to prevent burning. Cook for 12-15 minutes or until squash is fork tender. Add black beans and stir to combine.
- Place 1 tablespoon of mozzarella cheese down the middle of the tortillas. Spoon black bean and squash mixture on top, roll tightly and place in the bottom of a sprayed 8 x 8" square baking dish.
- In a small saucepan over medium-high heat, whisk together sauce ingredients. Simmer until thick, about 5 minutes. Pour over enchiladas.
- Top each enchilada with 1/2 Tablespoon of mozzarella cheese and bake uncovered for 30 minutes.



