

# 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.
- 2.** 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.
- 3.** 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.
- 4.** In a small saucepan over medium-high heat, whisk together sauce ingredients. Simmer until thick, about 5 minutes. Pour over enchiladas.
- 5.** Top each enchilada with 1/2 Tablespoon of mozzarella cheese and bake uncovered for 30 minutes.