

Butternut Squash with Black Beans

Butternut squash and black beans make a hearty side dish that is delicious.

Makes: 6 servings

Ingredients

- 1 teaspoon oil
- 1 small butternut squash, peeled and cut into 1-inch cubes
- 1 small onion, chopped
- ¼ teaspoon garlic powder
- ¼ cup red wine vinegar
- ¼ cup water
- 2 cans (15.5 ounces each) low-sodium black beans, drained and rinsed
- 1 teaspoon oregano (or ½ teaspoon dried)



Directions

1. In a large pan, heat the oil. Add squash, onion, and garlic powder.
2. Cook for 5 minutes on medium heat.
3. Add vinegar and water. Cook on low heat until the squash is tender, for about 10 minutes.
4. Add the beans and oregano. Cook until the beans are heated through.

Note: Heat the squash in the microwave on high heat for 1-2 minutes to soften the skin before peeling.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.

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