Butternut Squash Enchiladas

INGREDIENTS:

- 2 1/2 c. butternut squash (or other winter squash), cooked
- 1 (15-ounce) can black beans, drained and rinsed
- 1/2 c. onion, diced
- 1/2 c. fresh cilantro, chopped (or 3 Tbsp. dried cilantro/coriander)
- 2 tsp. garlic powder
- 1/2 tsp. cumin
- 1 c. shredded cheddar or Mexican blend cheese, divided
- 8 (6-inch) tortillas
- 1 c. salsa or 1 (10-ounce) can red or green enchilada sauce
- 1/2 c. Greek yogurt

DIRECTIONS:

Preheat oven to 375 F. Mix the squash, beans, onion, cilantro, garlic powder and cumin in a bowl. Mix 3/4 cup of the cheese into the squash mixture. Put a 1/2 cup strip of filling on each tortilla. Roll the tortilla around the filling. Put the tortilla into a greased 9- by 13-inch baking dish with the seam down. Cover the tortillas with the salsa or enchilada sauce. Put the rest of the cheese (1/4 cup) on the salsa. Bake for 25 minutes. Serve each enchilada with 1 tablespoon Greek yogurt.

NUTRITION:

Makes eight servings (one enchilada per serving). A serving has 220 calories, 3.5 grams (g) fat, 10 g protein, 35 g carbohydrate, 6 g fiber and 660 milligrams sodium.