



Avocado, Roasted Squash and Black Bean Tacos

Recipe Provided By: Avocados from Mexico

Recipe Source: Cookspiration.com

Recipe Info

Servings: 4

Ingredients

1 butternut squash, approx.
1.3 kg/2.9 lb
2 tbsp olive oil
¼ tsp salt
Fresh ground pepper
2 tsp sumac (or paprika)
½ tbsp olive oil
1 garlic clove, finely minced
1 can (540 ml) black beans, rinsed and drained
1 tsp ground cumin
½ tsp chili powder
Salt
8 to 10 corn tortillas
1 avocado from Mexico, diced
½ cup feta cheese, crumbled
Fresh cilantro, hot sauce and lime quarters, to serve

Instructions

Step 1

Preheat the oven to 425°F. Peel the squash and cut it in two. Remove the seeds and stringy fibres, and dice the squash.

Step 2

Arrange the squash pieces on a baking sheet lined with parchment paper. Drizzle with olive oil, add salt and pepper, and sprinkle with sumac or paprika. Roast for 25 minutes.

Step 3

In a small saucepan, sauté ½ tbsp olive oil and the minced garlic over low to medium heat. Add the black beans, ground cumin, chili powder, salt and ¼ cup of water. Bring to a boil. Cover and reduce heat to low. Simmer for approximately 5 minutes or until the beans are well heated and soft (but not dry).

Step 4

In a hot pan, heat the tortillas for a few minutes, or microwave them for 20 seconds. Cover with a clean cloth to prevent them from drying out.

Step 5

Top the tortillas with roasted squash, black beans, avocado and feta. Serve with fresh cilantro, hot sauce and lime quarters.

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