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## **Butternut Squash with Black Beans**

## Ingredients:

2 3/4 cup Butternut squash, cubed (1 small squash, about 1 pound) Serves 6. Source: MyPlate Kitchen Per serving: 232 calories; Fat n/a; Sodium 291 mg; Carbs 44 g (fiber 14 g, sugars 2 g); Protein 13 g



1 teaspoon vegetable oil

1 onion (small, chopped)

1/4 teaspoon garlic powder

1/4 cup red wine vinegar

1/4 cup water

2 can black beans (16 ounces each, rinsed and drained)

1/2 teaspoon oregano

## Directions:

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.

- 2. Carefully peel the squash with a vegetable peeler or small knife.
- 3. Cut the squash into 1/2 inch cubes.
- 4. Peel and chop the onion.
- 5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
- 6. Cook for 5 minutes on medium heat.
- 7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes
- 8. Add the beans and oregano. Cook until the beans are heated through.

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