



Bean and Butternut Tacos with Green Salsa



Photo Credit: Ken Burris

Nutritional Information (per serving)	
Calories	406
Total Fat	9g
Saturated Fat	2g
Cholesterol	3mg
Sodium	517mg
Total Carbohydrate	70g
Dietary Fiber	13g
Sugars	--
Protein	13g
Calcium	--

Ingredients

Salsa

- 8 ounce(s) tomatillos
- 2 clove(s) garlic, unpeeled
- 1 jalapeño pepper
- 0.25 cup(s) sliced white onion
- 0.5 ripe avocado, diced
- 3 tablespoon(s) chopped fresh cilantro
- 0.25 teaspoon(s) salt
- Freshly ground pepper to taste

Tacos

- 4 cup(s) peeled butternut squash, diced (1/2-inch)
- 4 small dried red chiles
- 2 clove(s) garlic, unpeeled, smashed and left whole

1 tablespoon(s) extra-virgin olive oil
.75 teaspoon(s) dried oregano, preferably Mexican, divided
.5 teaspoon(s) salt, divided
.25 teaspoon(s) cumin seeds
.5 teaspoon(s) ground toasted cumin seeds (see Tips & Techniques), divided
2 cup(s) cooked pinto beans, drained (see How to Cook a Pot of Beans, below)
.5 teaspoon(s) chili powder
Freshly ground pepper to taste
8 (6-inch) corn tortillas
.5 cup(s) fresh cilantro leaves
.5 cup(s) finely shredded and chopped red or green cabbage
8 teaspoon(s) crumbled queso fresco (see Ingredient Note, below) or feta cheese

Directions

1. To prepare salsa: Bring a pot of water to a boil. Remove husks from tomatillos and rinse well. Cook the tomatillos in the boiling water until soft, 5 to 8 minutes. Drain and set aside.
2. Toast garlic cloves, jalapeño, and onion in a dry medium skillet over medium heat, turning occasionally, until browned, fragrant and soft, 5 to 7 minutes.
3. When cool enough to handle, peel the garlic. Remove the jalapeño stem and remove seeds if desired. Combine the tomatillos, garlic, jalapeño, onion, and avocado in a blender or food processor. Process until smooth. Stir in cilantro, salt, and pepper. Set aside for topping the tacos.
4. To prepare tacos: Preheat oven to 400°F.
5. Put squash in a medium bowl and, using kitchen shears, finely snip chiles to taste into small pieces (seeds and all) into the bowl. Add garlic, oil, 1/2 teaspoon oregano, 1/4 teaspoon salt, and whole cumin seeds; toss to coat. Arrange on a baking sheet in a single layer. Bake until soft and beginning to brown, 20 to 25 minutes. Peel and finely chop the garlic when cool enough to handle; stir into the squash.
6. Meanwhile, combine beans in a small saucepan with the remaining 1/4 teaspoon oregano and 1/4 teaspoon salt, ground cumin, chili powder, and pepper. Heat over medium-low heat for about 10 minutes.
7. Warm tortillas one at a time in a dry large cast-iron (or similar heavy) skillet over medium heat until soft and pliable. Wrap in a clean towel to keep warm as you go. Spoon 1/4 cup of the warm beans into each tortilla; divide the roasted squash evenly among the tacos and top each with cilantro, cabbage, 1/2 cup of the salsa, and cheese. (Refrigerate the remaining 1/2 cup salsa for up to 2 days.)

Carb Servings: 3 1/2 starch, 2 vegetable, 1 lean meat, 1 1/2 fat. **Carbohydrate Servings:** 4. **Nutrition Bonus:** Vitamin A (254% daily value), Vitamin C (60% dv), Folate (49% dv), Potassium (28% dv), Magnesium (25% dv), Iron (20% dv), Calcium (16% dv).

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