



## Butternut Squash & Poblano Tacos

### ♥ INGREDIENTS:

- 3 cups of ½"-1" cubes of butternut squash
- 2 large or 3 small poblano peppers, seeded and sliced into ¼" strips
- 1 tablespoon extra virgin olive or vegetable oil
- 1 teaspoon ancho chili powder
- ¼ teaspoon black pepper
- 6 ounces Greek nonfat plain yogurt
- 1-2 tablespoons lemon juice  
(from 1 large or 2 small lemons)
- 8 corn tortillas (6")
- ½ cup crumbled cotija cheese  
(dice into crumbles)
- ½ cup cilantro leaves
- ¼ cup unsalted raw pumpkin seeds

### ♥ DIRECTIONS:

- 1.** Buy already-chunked butternut squash and trim to ½"-1" cubes, or buy a 2-pound squash, prick on all sides with a fork, place on microwave-safe plate/dish, heat for ~3 minutes, let cool, peel, remove seeds, and cube
- 2.** Preheat oven to 350°, cover baking sheet with parchment paper
- 3.** Toss butternut squash chunks and pepper strips in olive oil with ½ teaspoon of chili powder and black pepper
- 4.** Spread onto prepared baking sheet and bake for 15 minutes, tossing several times
- 5.** Meanwhile, stir yogurt, lemon juice, and ½ teaspoon of chili powder together

- 6.** Wrap tortillas in damp paper towel (without print), and microwave for 30-60 seconds
- 7.** Top each tortilla with baked squash pepper mixture; drizzle with yogurt mixture, and sprinkle with cheese, cilantro, and pumpkin seeds

Yields 4 servings.

### ♥ NUTRITION FACTS:

(per serving)

Calories: 297, Total Fat: 9 g, Saturated Fat: 3 g,  
Sodium: 314 mg, Carbohydrates: 45 g,  
Fiber: 8 g, Protein: 13 g