Butternut Breakfast Tacos

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay Nixon

About the Recipe

210 Calories · 5 g Protein · 9 g Fiber
Breakfast

Ingredients

Makes 4 Servings

- 3 cups cubed peeled butternut squash (can substitute sweet potatoes)
- 1 tbsp (15 mL) taco seasoning
- 8 corn tortillas
- 1/2 c (120 mL) fresh salsa
- 1 c (240 g) guacamole
- 3 green onions, sliced
- Fresh cilantro chopped **optional*
- hot sauce **optional*

Directions

1. Preheat oven to 375 F (191 C) and line a baking sheet with parchment paper. Rinse squash cubes under cold water and shake off excess. Toss with taco seasoning until coated. Arrange in a single layer on pan and roast for 30-40 minutes, or until fork-tender and browning, flipping halfway.
2. Spoon cooked squash into corn tortillas. Top with salsa, guacamole, onions, and cilantro. Drizzle with hot sauce and serve. Note: For heartier tacos, you can add refried beans or black beans. To make homemade guacamole, mash a ripe avocado and stir in lime juice, ground cumin, chopped onion, and chopped cilantro.

Nutrition Facts

Per serving

Calories: 178 kcal
Fat: 6 g
- **Saturated Fat:** 1 g
- **Calories From Fat:** 30%

Cholesterol: 0 mg
Protein: 5 g
Carbohydrates: 26 g
Sugar: 4 g
Fiber: 7 g
Sodium: 652 mg
Calcium: 93 mg
Iron: 1.6 mg
Vitamin C: 25 mg
Beta-Carotene: 2390 mcg
Vitamin E: 1.8 mg