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
- hot sauce

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