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

• cubed peeled butternut squash (can substitute sweet potatoes) (3 cups)
• taco seasoning (1 tbsp.)
• corn tortillas (8)
• fresh salsa (1/2 cup)
• guacamole (1 cup)
• sliced green onions (1/2 cup)
• chopped fresh cilantro (to taste)
• hot sauce (to taste)

Directions

1. Preheat oven to 375 F and line a baking sheet with parchment paper. Rinse butternut 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: 210  
Protein: 5 g  
Carbohydrate: 39 g  
Sugar: 5 g  
Total Fat: 6 g  
  Calories from Fat: 23%  
Fiber: 9 g  
Sodium: 650 mg