

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