

# 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 (15 mL))
- corn tortillas (8)
- fresh salsa (1/2 c (120 mL))
- guacamole (1 c (240 g))
- green onions, sliced (3)
- 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