



# TASTY SQUASH AND BEAN SALAD

**Crispy, crunchy and zesty, this plant-forward meal is packed with goodness and deliciousness!**

Preparation time: 20 minutes • Baking time: 10 minutes • Cooking time: 25 minutes • 4 to 6 servings

## INGREDIENTS

1 tbsp (15 mL) butter  
1 small onion, chopped  
2 cloves garlic, minced  
1 tbsp (15 mL) chili powder  
1 tsp (5 mL) dried oregano  
Salt and freshly ground pepper  
1 1/2 cups (375 mL) fresh or frozen butternut squash thawed, diced  
1 can (28 oz/796 mL) no-salt-added diced tomatoes  
1 can (19 oz/540 mL) unsalted black beans, drained and rinsed  
1/2 cup (125 mL) frozen corn kernels thawed  
2 small whole wheat tortillas  
1 tsp (5 mL) lime zest  
1 1/2 tbsp (22 mL) freshly squeezed lime juice (about 1 lime)  
1/2 cup (125 mL) plain Greek yogurt  
1 cup (250 mL) Mozzarella, shredded  
8 cups (2 L) romaine lettuce, torn into bite-sized pieces  
1 cup (250 mL) cherry tomatoes, cut in half  
Fresh cilantro, chopped (optional)

## PREPARATION

Preheat oven to 350 °F (180 °C). Line a large baking sheet with parchment paper.

In a large skillet, melt butter over medium heat. Sauté onion, garlic, chili powder, and oregano for about 2 minutes or until onion begins to soften. Season with salt and pepper, to taste. Add squash and sauté for 1 minute or until onion is soft. Stir in canned tomatoes, black beans, and corn. Reduce heat to medium-low, cover and let simmer gently, stirring occasionally, for about 20 minutes or until squash is soft.

Meanwhile, cut each tortilla into 12 thin wedges. Arrange in a single layer on prepared baking sheet. Bake in preheated oven for 10 minutes or until golden and crisp. Set aside.

In a small bowl, stir lime zest and 1/2 tbsp (7 mL) lime juice into yogurt and season with a pinch each of salt and pepper.

Remove squash mixture from heat. Stir in remaining lime juice and half of the cheese until melted. Season with salt and pepper, to taste. In a large bowl, combine half of the lime yogurt and lettuce; toss to coat. Divide lettuce among serving plates. Spoon squash mixture on top of dressed lettuce and top with remaining cheese and cherry tomatoes. Add a dollop of remaining lime yogurt to each plate and top with baked tortilla chips. Sprinkle with cilantro (if using).

**Protein can be found in both plant-based and animal-based protein foods, and they each provide a unique bundle of nutrients that are essential to health. Combining both types of protein foods in your diet allows the body to benefit from a wider range and balance of nutrients. This Tasty Squash and Bean Salad is a great example on how it is simple and delicious to prepare a meal that includes both plant and animal-based proteins.**

## Your dietitian

Name: \_\_\_\_\_

Contact: \_\_\_\_\_

Organization: \_\_\_\_\_

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