



Add this yumified recipe to your collection! Simply print and cut out the card below to save it with your tasty favorites.

### Three Sisters of Life Tacos

Serves: 4, Jenna Lyng, Los Angeles, CA



#### Ingredients

3-4 cups cubed butternut squash (1 16 ounce package of butternut squash from Trader Joe's)  
Small red onion, diced  
Handful of pine nuts  
1-2 garlic cloves  
Coconut or olive oil, depending on preference  
1/2 red bell pepper, diced  
1/2 green bell pepper, diced  
1/2 can black beans  
1/2 teaspoon cumin  
1/2 teaspoon cayenne pepper  
Dash of salt and pepper  
4 blue corn tortillas

#### Preparation

While steaming the squash, about 6 minutes, sauté onion, pine nuts and garlic in oil. When squash is ready, add remaining vegetables and beans. Spice to taste, plenty of cumin really makes this dish.

As the blend cooks and soaks in the flavor of the spices, heat up the tortillas. Crisp them slightly on the stove top with some olive oil spray.

#### To assemble

Load tortillas with the Three Sisters mash, add desired toppings and enjoy!

**Optional toppings:** Avocado slices, hot sauce or mix fat-free Greek yogurt with a dash of lemon juice for a guilt-free and delicious substitute to sour cream. Skip the tortillas for a carb-free diet.

#### Nutrition

Per serving: 259 calories; 9g total fat (1g saturated, 0g trans); 0mg cholesterol; 256mg sodium; 41g carbohydrates; 9g fiber; 5g sugars; 7g protein.

