



Butternut Squash “Rotini” with Spicy Avocado Sauce

Servings

4

Calories

380

Prep Time

15 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

For Avocado Sauce

- 1 ripe avocado, peeled & pitted
- 7 ounces salsa verde
- ½ cup of fresh cilantro
- ½ small red onion, diced
- ¼ teaspoon sea salt
- 1 tablespoon cumin
- 1 clove garlic, peeled

For Butternut Squash “Rotini”

- 1 (10 ounce) package Mann’s Butternut Squash “Rotini”
- 1 (15 ounce) can black beans, drained
- ½ small red onion, diced
- 1 cup Mexican cheese blend
- ½ cup crumbled cotija cheese
- ¼ cup fresh cilantro leaves, for garnish
- ¼ cup jalapeño slices, for garnish



The Method

Preheat oven to 375° F.

Prepare the avocado sauce by placing all sauce ingredients in a blender and blending until smooth. Set aside.



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The Method

Steam Mann’s Butternut Squash “Rotini” according to instructions on bag. Then, place in a mixing bowl.

Add black beans, onion, Mexican cheese blend and ½ the avocado sauce. Toss gently to combine.

Spray a small baking dish with oil. Place mixture into dish and roast for 15 minutes, until the sauce starts to bubble.

Remove dish from oven and top with remaining avocado sauce and cotija cheese. Then roast for an additional 10 minutes.

Top with fresh cilantro and jalapeño slices before serving.

Nutrition Facts

Serving Size 388g | Servings: 4

Amount Per Serving

Calories 380 | Total Fat 19g (sat fat 8g trans 0g) | Cholesterol 35mg | Sodium 820mg | Total Carbohydrate 41g | Dietary Fiber 14g | Sugars 8g (Includes 0g Added Sugars) | Protein 17g | Vitamin D 0% | Calcium 30% | Iron 15% | Potassium 25%