



Makes 12 tacos
Preparation Time: 25 minutes
Cook Time: 25 minutes

INGREDIENTS:

1 lb. delicata squash, halved and seeded

1 medium onion, cut into thin wedges

3 tablespoons lime juice

½ teaspoon chili powder

Sea salt and freshly ground black pepper, to taste

1 15-oz. can no-salt-added black beans, rinsed and drained

1 cup frozen roasted corn, thawed

1 roma tomato, seeded and chopped

¼ cup thinly sliced scallions (green onions)

1 fresh jalapeño chile, seeded and finely chopped (see note in intro)

12 6-inch corn tortillas, warmed

1 medium avocado, halved, seeded, peeled, and sliced

Fresh cilantro leaves

Lime wedges

Delicata Squash Tacos

Squash makes for a succulent taco filling, and delicata squash has such thin skin that you don't even need to peel it before using. Avocado helps hold these veggie tacos together. If you don't have a perfectly ripe one, use a smear of guacamole in its place.

Tip: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

By Shelli McConnell

- 1 Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. Cut squash into ½-inch-thick slices, then cut slices into thirds. Place squash and onion in a bowl. Add 2 Tbsp. of the lime juice, the chili powder, and salt and black pepper; toss to coat. Spread in prepared pan. Roast about 25 minutes or until squash is tender and golden, stirring once.
- 2 Meanwhile, for salsa, in a bowl combine beans, corn, tomato, scallions, jalapeño, and the remaining 1 Tbsp. lime juice.
- 3 Fill tortillas with roasted squash mixture, salsa, sliced avocado, and fresh cilantro. Serve with lime wedges.