

Gingered Black Beans with Squash

SERVES

MENU

I'm always on the lookout for recipes using the nutrition dynamo winter squash. This recipe comes from *Easy Eden*® by Lorna Sass and is delightful served over rice.

6

GINGERED BLACK BEANS
WITH SQUASH
BROWN RICE
APPLE WEDGES

3 cups instant whole-grain brown rice
2½ cups water (adjust according to package directions, brands vary)

Place rice and water in a 2-quart microwave-safe dish. Cover and cook 12 minutes on HIGH.

2 cans (15 oz) *Eden® Black Beans with Ginger & Lemon*
½ cup water
½ tsp salt or 1 tsp lite salt

Meanwhile... mix together in a large saucepan and place over medium-high heat.

1 medium butternut squash

Meanwhile... peel, seed and cut into chunks. Place in a food processor and pulse a few times to create pieces slightly larger than the beans.

Add squash to beans and simmer 5 minutes or until squash is tender.

3 T white wine
½ cup sliced green onions (tops & bottoms)

Stir in to bean mixture and serve over rice, with apple wedges on the side.

Delegate someone to: Slice apple and set table.

EXCHANGE VALUES

4 Starch 1 Meat 1 Veg. — Fruit — Milk — Fat

Nutrition information for 1/6 of recipe

Hands-on Time — 15 min.

Calories	338	Fat	1 g	Fiber	5.5 g	Sodium	440 mg	Total Carbohydrate	68 g
Calories from Fat	3%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	13 g	Sugars	5 g

15-Minute Meals

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Lickety-Split Meals