



# Three Sisters Tacos! Chipotle Roasted Delicata Squash with Black Beans

Wendy Downing, [Three Sisters Nixtamal](#)

## Ingredients:

- 1 Delicata Squash (about 1 pound) – Diced
- 2 Tablespoons of Olive Oil
- 1 Tablespoon of Chipotle in Adobo – minced
- 1/8 tsp cumin powder
- 3/4 tsp sea salt
- 1/4 tsp Mexican Oregano
- 1/2 cup or more cooked black beans – warmed
- Optional: Grated Cotija cheese, or crumbled queso fresco. You can also use grated pecorino, crumbled feta or goat cheese or any similar vegan cheese.
- Simple Red Slaw
  - Red cabbage, sliced thin
  - Cilantro, chopped
  - Squeeze of lime,
  - Splash of olive oil
  - Pinch of salt
  - Toasted Pumpkin Seeds / Pepitas



## Directions:

1. Pre-heat oven to 425
2. Toss the diced delicata with the olive oil, chipotle, cumin, sea salt, and oregano.
3. Spread out evenly on a half sheet pan, lined with parchment
4. Roast in the hot oven for about 25 minutes, stirring half-way through.
5. Transfer to a bowl and add the warm black beans.
6. Optional: top with grated/crumby cheese
7. Garnish with Simple Red Slaw. Toss together red cabbage sliced thin with chopped cilantro, a squeeze of lime, a splash of olive oil, and a pinch of salt. Toss well. Add toasted pumpkin seeds if you like.

