



Serves: 4

Prep Time: 15 minutes

Cook Time: 30 minutes

Taco Filling

1 (1-pound) butternut squash, peeled, seeded, and cut into large cubes

1 large yellow onion, cut into ¼-inch slices

2 tablespoons avocado oil

1 teaspoon dried oregano

¼ teaspoon chipotle powder

1 teaspoon sea salt

1 cup canned black beans, rinsed and drained

Hemp Seed Cream

¼ cup hemp seeds

1 tablespoon minced fresh mint

1 teaspoon pressed garlic

2 tablespoons lime juice

2 tablespoons filtered water

1 tablespoon extra virgin olive oil

¼ teaspoon smoked paprika

½ teaspoon sea salt

Salsa

1 large tomato, seeded and diced

½ cup loosely packed fresh cilantro leaves, roughly chopped

Grated zest and juice of 1 lime

½ teaspoon sea salt

1 large head butter lettuce, leaves removed from the core

Butternut Taco Wraps with Hemp Seed Cream

Sweet-and-savory, vegan, grain-free: These tacos are a tasty alternative to traditional ones laden with dairy and wheat. Tender butter lettuce makes a great alternative to taco shells, while butternut squash and black beans combine for a delicious, antioxidant-rich filling. Hemp seeds blend into a delightfully smooth sauce to add a creamy dollop of texture along with a nice dose of omega-3 fatty acids.

1. Preheat the oven to 425°F.
2. For the filling: Combine the squash, onion, avocado oil, oregano, chipotle powder, and salt. Toss well and spread out on a baking sheet. Roast for 20 to 25 minutes, until the squash is tender.
3. Warm the beans in a small skillet over medium heat. Add to the squash mixture and keep warm.
4. For the hemp cream: Combine the hemp seeds, mint, garlic, lime juice, water, olive oil, smoked paprika, and salt in a small food processor and blend until smooth.
5. For the salsa: Combine the tomato, cilantro, lime zest and juice, and salt in a small bowl and stir well.
6. To serve, fill each lettuce leaf with the squash filling. Top with a dollop of cream and salsa.