



**BODYBUILDING.com™**

## Squash "Steak" With White Bean Puree and Pesto

Easy to roast, bake, or sauté, the rich and nutty flavor of butternut squash makes it the perfect meatless substitution for all your favorite recipes. Pump up the earthy flavor of the squash by pairing it with a quick and easy white bean puree and fresh sage, garlic, and walnut pesto.

Omit the cheese to make this dish dairy-free and vegan, or add a few ounces of cooked meat for extra protein to round out these rich and savory flavors.

Prep time: 5 min. Cook time: 20 min.

### Ingredients

1 butternut squash  
2 cups canned white beans  
5 cloves of garlic  
1/4 cup olive oil  
1 handful of fresh sage leaves  
1/4 cup toasted walnuts  
2 cloves of garlic  
1/4 cup grated parmesan  
1/4 cup olive oil

### Directions

1. Preheat oven to 400 degrees F.
2. Remove the thin neck of the butternut squash. Reserve the bottom portion with the seeds for another use. Peel the neck of the squash, and cut into 1-inch-thick rounds.
3. Sear squash rounds on both sides on high heat to get a nice color, then transfer to oven to finish cooking for about 5-8 minutes. The squash should be tender, but not falling apart.
4. Cook the white beans in very lightly salted water. (For best results, soak beans overnight.) Once tender, drain the beans, but reserve at least a cup of the bean-cooking liquid.

5. Very gently cook the five garlic cloves in the olive oil until soft, about 5-7 minutes. In a food processor combine the beans, garlic, and cooled garlic oil. Puree until smooth, adding the bean-cooking liquid as needed to achieve the desired consistency.
6. Combine sage, walnuts, remaining garlic, and parmesan in a food processor. Pulse a few times, until everything is finely ground and just becoming homogeneous. Add olive oil as needed to make a loose sauce that can be drizzled. Season to taste with salt.
7. Plate squash steaks on top of white bean puree, and drizzle with sage and walnut pesto.

Serving size: 1/4 of recipe

Recipe yields 4 servings