

White Bean Puree & Olive Sauce

This versatile puree is simple to make and an alternative to potatoes. Serve with slices of medium-rare beef and a vegetable such as sauteed Swiss chard. Use it as a spread on crostini for a vegetarian hors d'oeuvre; garnish with a bit of olive tapenade and sprinkle of chopped chives or parsley. Or make a dip by thinning the puree with broth or more olive oil.

INGREDIENTS:

White Bean Puree

- ☐ 2 cans (15 ounces each) cannellini beans
- ☐ 1 teaspoon chopped garlic, or to taste
- ☐ 2 tablespoons lemon juice
- ☐ ¼ cup extra virgin olive oil, or as needed
- ☐ ½ teaspoon kosher salt, or to taste
- ☐ Freshly ground pepper to taste

Olive Sauce

- ☐ 1 tablespoon extra virgin olive oil
- ☐ ½ cup finely chopped yellow onion
- ☐ ½ teaspoon minced garlic
- ☐ ½ cup dry, lightly oaked red wine
- ☐ ½ cup low-salt chicken broth
- ☐ 1 tablespoon black olive tapenade or paste, or finely

- chopped kalamata olives
- ☐ ½ teaspoon minced lemon zest
- ☐ 1 teaspoon chopped parsley
- ☐ ¼ cup peeled, seeded and chopped tomato

INSTRUCTIONS:

For the puree: Rinse and drain the beans. Puree with the garlic and lemon juice while drizzling in the oil. Season to taste with salt and pepper.

Transfer the puree to a bowl (to microwave) or a small pan to reheat before serving. The puree softens as it warms; but use more olive oil or lemon juice (add to taste) for desired consistency. The puree may be made ahead.

For the sauce: Heat the olive oil in a small saucepan

over medium heat. Add the onion and cook until soft and translucent, then add the garlic. Continue cooking until the garlic is aromatic.

Add the wine and simmer until the liquid is reduced by at least half. Add the broth and simmer for several minutes, reducing again by about ⅓-½. Stir in the olive paste, lemon zest and parsley. Remove from heat and set aside.

Yields about ¾ cup

Assembly: Spoon some of the olive sauce around or on top of the warm puree and garnish with chopped tomato and more parsley, if desired.

Serves 4-6

PER SERVING: 255 calories, 6 g protein, 23 g carbohydrate, 14 g fat (2 g saturated), 0 cholesterol, 578 mg sodium, 6 g fiber.