

SQUASH WITH CANNELINI BEANS/PESTO

For 4

1 x squash
1 x can cannellini beans
2 x tbsp (or more if liked) basil pesto
2 x tbsp chopped sun dried tomatoes in oil
2 x tbsp pitted black olives

For topping

8 x tbsp wholemeal breadcrumbs, mixed with tsp dried sage and parmesan to taste.

Method:

Slice and de-seed the squash, and lay them in a shallow baking tray or dish

Mix the cannellini beans with the pesto, olives and tomatoes and spoon the mixture into the hollows of the squashes.

Season to taste and cover the dish with tin foil.

Roast in oven 200c for approx 45 minutes. Test with the point of a knife to see if flesh is soft, and if so, cover the squash with the breadcrumb mixture.

Leave the foil off now, and return the dish to the oven for approx. 15 minutes to allow the crumbs to brown.