

Tuna and White Bean Salad

Serves 4-6

Vinaigrette

½ cup olive oil

1 lemon, juiced

3 tablespoons red wine vinegar

2 teaspoons Dijon mustard

1 teaspoon honey or agave nectar

1/2 teaspoon salt, or more to taste

1/4 teaspoon black pepper, or more to taste

Salad

2 cans tuna, preferably packed in oil, undrained

2 (15 oz) cans white cannellini beans, rinsed and drained well

2 stalks celery, thinly sliced on the bias (45 degree angle)

2 scallions, thinly sliced

1 tablespoons drained capers

½ cup chopped Italian parsley

1 (4 ounce) package arugula or baby kale mix

Add olive oil, lemon juice, red wine vinegar, Dijon mustard, salt and pepper to a jar or container with tight fitting lid. Shake well. Taste for seasoning. Refrigerate. (Dressing may be made up to a week ahead).

Add tuna to large bowl along with remaining salad ingredients; white beans through herbs. Add half of vinaigrette, reserving remainder for Tabouleh with Chickpeas. Taste and adjust seasoning. NOTE – For a vegetarian version, substitute ½ cup crumbled feta cheese for tuna.

Tabbouleh with Chickpeas

Serves 6-8

1 cup fine (#1) bulgur wheat

1 cup boiling water

1 (15 ounce) can chickpeas, rinsed, drained well

3 scallions, thinly sliced

1 cucumber, peeled, seeded, cut medium-diced

2 ripe plum tomatoes, diced

½ cup chopped Italian parsley

½ cup chopped fresh mint leaves

1 teaspoon kosher salt

½ teaspoon freshly ground pepper

Place the bulgur in a large bowl, pour in the boiling water, and stir, then allow to stand at room temperature for 30 minutes. Add the chickpeas, scallions, cucumber, tomatoes, parsley, mint, 2 teaspoons salt and the pepper; mix well. Add remaining vinaigrette. Season, to taste, and serve or cover and refrigerate.