

Tuna And Bean Salad Recipe

Serves: 4 | **Prep Time:** 15 Min | **Cook Time:** 30 Min | **Difficulty:** Easy



INGREDIENTS

- 30-40 Taggiasche Olives
- 2 Tbsp. (25g) Capers
- 3-4 Tbsp. Fresh Parsley
- 8 oz. (250g) Canned Tuna in Olive Oil
- 1 Whole Lemon
- Extra Virgin Olive Oil
- 1 Tbsp. Dried Oregano
- Salt and Black Pepper
- 10 oz. of Dried White Beans (or 20 oz. of cooked beans)

DIRECTIONS

1. The night before, add the dried beans to a large bowl with enough water to cover the beans by a couple inches.
2. The next day, heat a large pot of salted water to cook the beans until soft. The timing varies by the type of bean, but mine took 30 minutes.
3. Chop the olives and capers into small pieces and add to a large mixing bowl.
4. Chop the fresh parsley and add most to the mixing bowl, but setting aside some to top the final dish.
5. Drain the tuna and save the olive oil. If you are using tuna from a jar, break the large pieces of tuna with a fork and add it to the large mixing bowl.
6. Use a microplane to grate the zest of a lemon into the mixing bowl and juice the lemon into the bowl, making sure not to add the seeds.
7. Add the olive oil that the tuna was packed in. If the sauce is too dry, add a little additional olive oil until it reaches your desired consistency.
8. Add a pinch of black pepper and the dried oregano to taste. Check the level of salt and add more to taste.
9. When the beans are done cooking, drain and rinse them.
10. Add the beans to the mixing bowl and combine. You can adjust the sauce with more olive oil to lightly coat all of the beans with the sauce.
11. Add to a serving bowl. Top with some of the fresh parsley and serve immediately.