



Marinated Tuna & Bean Salad

Serves 4

Salad Ingredients

- 1 ½ cups freshly made croutons (see below)
- 1 large carrot, peeled, and sliced in ⅛ inch circles
- ½ large yellow pepper, thinly sliced into bite size pieces - about ⅛ inch by 1 ½ inches
- 1 stalk celery, cut into ⅛ inch pieces
- ¼ cup finely minced cilantro (if you hate cilantro, use fresh Italian parsley)
- 1 15-oz can white beans, rinsed and drained-shake off all the water
- 1 6-oz can line caught, good quality albacore tuna or good quality salmon, drained and flaked
- 4 compari tomatoes, diced ½ inch
- 2 Tbsp rinsed and drained capers

Salad Dressing Ingredients

- 2 tsp grainy mustard
- 1 clove minced garlic
- 2 Tbsp finely minced shallot
- ½ tsp salt
- ¼ tsp fresh ground black pepper
- ½ tsp dry basil
- ¼ cup white balsamic vinegar
- 2 Tbsp extra virgin olive oil

Instructions

To make croutons (which I do in the toaster oven): Cut leftover baguette or any other high quality bread into ½ inch cubes and toss with one tablespoon good olive oil. Place on a foil-lined, rimmed cookie sheet, sprinkle with salt and bake in a 350 degree oven for 10 minutes or until brown... stirring halfway through. Cool. Note: You can use whole grain sourdough or other whole grain breads too.

Bring one inch of water to a boil in a small saucepan. Add the sliced carrots and cook without covering for two minutes. Remove the carrots from the water and drain - let them cool off before adding to the salad. For some reason blanching the carrots still keeps them crunchy but rounds out the flavor of this salad so don't skip this step.

Prepare the salad dressing: I just dump everything into a narrow container and blend it with my hand held blender. Set aside

Once everything is cooled off, put all the salad ingredients together in a salad bowl along with the blanched carrots and the cooled croutons and dressing. Stir well, cover and refrigerate for an hour before eating.

If you make this a few hours ahead, everything can be combined except the croutons - don't put those in until the last hour of refrigeration. Garnish with cilantro or parsley and serve.