

Tuna, White Bean, Potato Salad

This is a hearty, satisfying salad with explosive flavor

Ingredients Potato Base:

8 new red potatoes
1 hard-cooked egg, cooled and shelled
3 Tbsp. olive oil
1 ½ Tbsp. White Wine Vinegar
2 small Shallots
Salt and Pepper

Ingredients Tuna White Bean Mixture:

5 Tbsp. Olive Oil
Finely shredded Zest of 1 lemon
3 Tbsp. lemon juice
¾ tsp. Salt
½ tsp. pepper
3 green onions thinly sliced
2 Tbsp. chopped fresh parsley
1 Tbsp. capers
1 can (15 oz) cannellini beans, drained and rinsed
10 oz. bottled tuna, drained - preferably packed in olive oil (Tonnino Tuna is preferred)

Optional Garnishes:

1 Avocado
1 Heirloom Tomato
4 oz. boiled green beans finished with olive oil, salt and pepper

Directions:

Cook the potatoes in a pan of lightly salted boiling water for approximately 10 minutes, then remove from the heat, cover and let stand for 15-20 minutes, until tender but not mushy. Drain and allow the potatoes to cool.

Meanwhile, make your tuna white bean mixture. Place the olive oil, lemon zest and juice, salt, pepper, green onions in a mixing bowl. Add the drained tuna, breaking up the tuna and mixing all the ingredients together. Refrigerate until ready.

Now assemble the base in a casserole dish. Place the 3 Tbsp olive oil and 1 ½ Tbsp white vinegary in your casserole dish and mix right in the dish, adding some salt and pepper. Place slices of the cooked potatoes on the bottom of the dish. Top it with a layer of chopped egg and then chopped shallot. Add salt and pepper.

Add your tuna white bean mixture on top of the potato bed. Pat it out smooth, then top it with parsley and capers. Add any optional garnishes if desired. You may serve this on a bed of lettuce, if you prefer, but it's great as it is!

Recipe by Elaine Groen, Healthy Cooking on the Run