



The Edible Garden

Recipe featured at *Whole Foods Market* demonstration, September 17
Back to School

White Bean and Tuna Salad

By: Ebeth Johnson, Demonstration Specialist, Whole Foods Market Union Square,
assisted by Lavinia Hurd, Demonstration Specialist, Whole Foods Market Westport

Ingredients (*Serves 4–6*)

Juice of 1 lemon
3 tablespoons red wine vinegar
6 ounces can of the best quality tuna in oil, drained
¼ cup finely chopped red onion
2-4 tablespoons olive oil or to taste
¼ cup finely chopped celery
2 small garlic cloves, minced
15-16 ounces can cannellini or butter beans, drained and rinsed
2 tablespoons capers, or to taste
½ cup chopped flat leaf parsley leaves
Sea salt and black pepper to taste

Instructions

1. In a small bowl, combine vinegar and lemon juice. Stirring consistently with a whisk, slowly add olive oil. Set aside.
2. In a medium bowl, flake tuna. Add onion, celery, garlic, beans, capers, and parsley. Using clean hands, mix well.
3. Add dressing from the small bowl and mix well to combine. Taste and season with salt and black pepper as desired. Enjoy over a bed of summer greens, between whole grain slices, or as a side dish!