

TUNA-CADO DINNER:

No-Cook WHITE BEAN SALAD WITH AVOCADO AND TUNA

4 servings

Do what you like with this little ditty. Cucumbers? Why not? Boiled eggs? Fennel? Sure. Zucchini? Of course. Be happy in your stirring. If you'd like, you can also sprinkle in 2 well-crumbled pieces of bacon. Adjust salt accordingly.

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- 2 15-ounce cans cannellini beans, drained and rinsed (about 3 cups cooked beans)
- Extra virgin olive oil (1 teaspoon to start + 4 tablespoons later)
- Kosher salt and fresh ground pepper
- 2 cans wild, sustainable tuna (flaked with a fork in a small bowl)--no need to drain
- 1/4 cup each: minced red sweet pepper or tomatoes, minced red onion, chopped kalamata olives (can sub 1/8 cup chopped capers or pickles OR 2 mashed anchovy fillets)
- 1/4 cup each chopped fresh parsley and basil (reserve a bit for garnish)
- 2 lemons: one to juice in salad and one in wedges for garnish
- 2 teaspoons red wine vinegar
- 1/8 teaspoon crushed red pepper, optional
- 2 ripe avocados, cut in half, peeled, seeded (Don't forget to rinse the avocado before slicing in half.)----Can sub 2 cups cooked green beans (Use 1/2 cup as the base for each salad.)
- 2 cups fresh greens, such as spinach
- 1/4 cup chopped very sharp Cheddar cheese, such as Cabot or Dubliner (Can sub grated Parmigiano Reggiano cheese.)

Mix together beans with a drizzle (1 teaspoon) olive oil and a just a pinch of salt and pepper. Let sit a minute or two. Add tuna, red pepper, red onion, olives, parsley, basil, the juice of one lemon, red wine vinegar, the crushed red pepper-if using-, 1/2 teaspoon each kosher salt and fresh ground pepper, and 4 more tablespoons of extra virgin olive oil. Stir together well, but gently so that beans aren't mashed and tuna is somewhat flaky. Taste and adjust seasonings, including lemon juice and vinegar. (I occasionally add a little Tabasco to this sort of salad.)

Line 4 plates or bowls with spinach leaves, sprinkle with salt and pepper, and top each with half an avocado. Using a dry (metal) measuring cup, scoop out 1 cup (press a bit into the measure to shape the salad) and tip out carefully onto each avocado half to maintain domed shape. Garnish with reserved fresh herbs, a little sharp Cheddar, any of the other chopped vegetables leftover, and the lemon.