



# Tuna & White Bean Salad

A healthful summertime favorite. Serves 4-6

## Pairings

Italian dry whites such as Orvieto, Vernaccia, Gavi, and Soave.]  
Dry Sherry & Madeira wines. Sauvignon Blanc.  
Red Burgundy and Gamay.

## Ingredients

### Dressing

1 clove garlic, minced fine  
¼ cup fresh lemon juice  
¾ tsp. salt  
½ tsp. freshly ground black pepper  
¼ cup extra virgin olive oil\*

1 cucumber, peeled and seeded and  
diced in ½ in. pieces  
3 medium fresh tomatoes cut into 1  
in. pieces  
½ cup loosely packed flat leaf pars-  
ley leaves  
1 cup loosely packed sliced basil  
leaves.  
2 (6 oz.) cans tuna in olive oil,  
drained.

### Salad

(1) 15 to 19 oz. can cannellini beans,  
drained and rinsed  
1 small red onion, diced

## Preparation

1. Whisk lemon juice, garlic, salt and pepper together in a small bowl, then whisk in oil in a steady stream. Let stand 10 minutes.
2. Gently toss beans, onions, cucumber, tomatoes, herbs and tuna with the dressing and serve at room temperature.

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\*Try the Fontodi Extra Virgin Olive Oil from Chianti—available at Salut!, of course

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