

This classic dish from northern Italy may be served by itself as a first course or as part of a more elaborate antipasto.

Tuscan White Bean and Tuna Salad (Fagioli Toscanelli con Tonno)

1/4 cup (60 ml) extra-virgin olive oil
2 Tbs (30 ml) lemon juice
Salt and freshly ground pepper to taste
2 cans (15 oz, 420 g each) cannellini or other white beans such as white kidney, Great Northern, or navy beans, rinsed and drained
2 scallions (spring onions, green and white parts, chopped)
1/4 cup (60 ml) chopped fresh flat-leaf parsley
1 7-ounce (195 g) can tuna, preferably Italian tuna packed in olive oil

Whisk together the olive oil, lemon juice, salt, and pepper and pour over the drained beans. Add the scallions and parsley and toss gently. Break the tuna into chunks and arrange on top of the beans. Serve at room temperature. Serves 4 to 6.