

Tonno e Fagioli

(Tuna and White Bean Salad)

Serves 4

1/2 lb. dried cannellini beans or

other Italian white beans

1 clove garlic, crushed and peeled

2-3 fresh sage leaves

Fruity extra-virgin olive oil

Salt and freshly ground black pepper

2 7-oz. cans olive oil-packed ventresca or other olive

oil-packed top-quality tuna, lightly drained

1 small red onion, peeled and thinly sliced

1. Soak beans in a large bowl of cold water for at least 4 hours or overnight. Drain, put into a medium pot, and add 6 cups of cold water, garlic, sage, and 1 tbsp. of the oil.

Cover and bring to a simmer over medium heat. Reduce heat to medium-low and simmer, partially covered, stirring occasionally, until beans are tender, 45-60 minutes.

Drain, put beans into a large bowl, season to taste with salt and pepper, and set aside to let cool.

2. Add tuna, to bowl, breaking up large chunks with a wooden spoon. Scatter onions over tuna, then drizzle with oil and season generously.