

Farro Tuna White Bean Salad

Serves 4:

Ingredients

1 cup semi-pearled farro
3 cups water
kosher salt
1 15 ounce can white beans, preferably cannellini
1 6.7 ounce jar Italian tuna fillets, packed in olive oil
2 celery stalks
1 small red onion
1 small bunch parsley
1 1/2 – 2 lemons
extra virgin olive oil
kosher salt and freshly ground black pepper

Preparation

In a saucepan, combine farro with water and a pinch of salt.
Bring to a boil over high heat, then reduce heat to simmer, covered for 20 minutes.
Drain tuna from its jar, reserving the oil, and flake the fish.
Drain beans and rinse; thinly slice celery and red onion; mince parsley.
When farro is cooked, drain and place in a medium bowl.
Toss farro with juice of one lemon while it's warm to absorb the flavor.
Add beans, celery, onions, flaked tuna and minced parsley to the farro.
Gently toss.
Dress the salad with reserved tuna oil and add more lemon juice to taste, if needed.
If the salad is a little dry, add extra virgin olive oil.
Season with kosher salt and freshly ground black pepper and serve.

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