



Pesto Tuna & Bean Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 2 cans drained tuna
- 1 can drained and rinsed chick peas or white beans (cannellini or great northern)
- ¼ cup minced parsley
- ¼ cup diced red onion
- ¼ cup O&V **Roasted Red Peppers**, chopped *
- 3 tablespoons O&V [Pesto Limone](#) *
- 1-2 tablespoons O&V [Basil EVOO](#) *
- 2 tablespoons O&V [Tomato Pulp vinegar](#) *
- Salt and pepper to taste

Preparation

Mince the parsley, dice the red onion, chop the roasted red peppers.

Soak the diced red onion in a bowl of cold water for 15 minutes. Drain and pat dry.

Flake the tuna, drain and rinse the chick peas/ white beans and add to a bowl. Add the parsley, onion, roasted red peppers and toss to combine.

In a separate small bowl combine the pesto with the tomato pulp vinegar and drizzle in some Basil EVOO (start with just one tablespoon and add more if needed to get to a mixable consistency)

Stir the pesto combination into the tuna mixture. Season with salt and pepper to taste.

Serve cool or at room temperature with crostini or in a sandwich or over a bed of salad greens.

Serves 4

Active time 15 minutes Total Time: 15 minutes

Notes

* The [Pesto Limone](#) adds a wonderful herbaceous and citrusy flavor to the tuna and the [Tomato Pulp vinegar](#) adds nice tang. The [Basil EVOO](#) adds a nice extra layer of herby taste, helping to get the pesto to the right consistency. You can use a home-made pesto and add lemon zest and lemon juice to it. Any good quality [Unflavored EVOO](#) can be substituted but it will diminish the nice basil flavor. And a good quality red wine vinegar may be used instead. The **Roasted Red peppers** are an easy add, but feel free to roast your own peppers, chop and add if you prefer.

For a dairy free option, use [Pesto alla Genovese](#) or for some heat, use **Pesto Picante** but don't forget to add a little lemon zest and lemon juice.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free Option, Fish, Seafood, Tuna Salad Sandwich, Summer Eating, Easy Lunch, Pesto Limone, Pesto alla Genovese, Basil EVOO, Cabernet Red Wine Vinegar, White Beans, Chickpeas, Pesto Picante