



## Ingredients

 Servings: 4

- ☐ 4 to 6 stalks celery, preferably the heart and leaves, chopped
- ☐ 1 (15-ounce) can or 1 1/2 cups cooked cannellini beans, drained and rinsed
- ☐ 3 tablespoons fresh lemon juice (from 1 to 2 lemons), plus more to taste
- ☐ 1 clove garlic, minced or finely grated
- ☐ Fine salt
- ☐ 1/2 bunch fresh flat-leaf parsley (about 1/2 ounce), chopped
- ☐ 1 (6- to 8-ounce) jar or can tuna in olive oil
- ☐ 2 tablespoons capers in brine
- ☐ Freshly ground black pepper
- ☐ Calabrian chile oil (optional)

## Directions

 Total: 25 mins

### Step 1

In a medium bowl, combine the celery, beans, lemon juice, garlic and a pinch of salt. Stir and taste, adding more salt, if desired. Stir in the parsley, tuna and its oil, and capers. Taste, and season with more lemon juice or salt, if desired. Season to taste with freshly ground black pepper and a few drops of the chile oil, if using. Serve at room temperature, or cover and refrigerate until needed.

## 1 Vegetables à la Grecque

## 2 Quick Cauliflower and Chicken Curry

## 3 Peach-Cherry Cobbler With Biscuit Topping

## 4 Garlic Butter Baked Cod

## 5 Mushroom and Black Bean Burgers With Balsamic-Glazed Onions

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### Nutritional Facts

Per serving (1 1/4 cups)

Calories	Carbohydrates	Cholesterol	Fat
<b>163</b>	<b>16 g</b>	<b>19 mg</b>	<b>5 g</b>
Fiber	Protein	Sodium	Sugar
<b>8 g</b>	<b>14 g</b>	<b>859 mg</b>	<b>1 g</b>

*This analysis is an estimate based on available ingredients and this preparation. It should not substitute for a dietitian's or nutritionist's advice.*

From staff writer G. Daniela Galarza

Tested by Kara Elder

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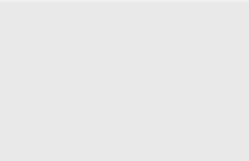
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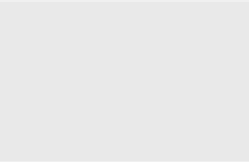
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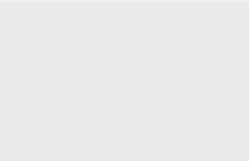
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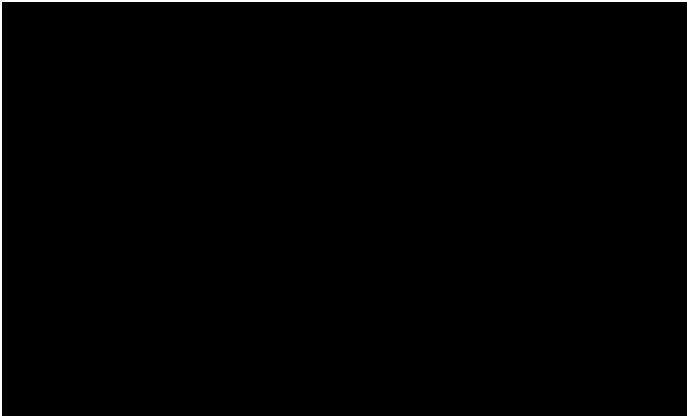
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