



(Rey Lopez for The Washington Post/Food styling by Lisa Cherkasky for The Washington Post)

⌚ 25 mins 🍲 Side Dish

Tuna, Celery and White Bean Salad

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When it's too hot to cook but you want something substantial, consider this Mediterranean-inspired combination of oil-packed tuna, crunchy celery, white beans and herbs. It's great the day of but can also be made a day ahead, which allows the flavors to marinate.

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Refrigerate leftovers for up to 3 days.

Salad can be made 1 day in advance.

From staff writer G. Daniela Galarza

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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.

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Nutritional Facts

Per serving (1 1/4 cups)

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

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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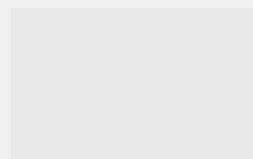
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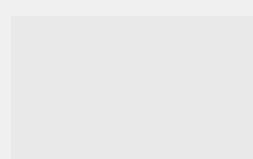
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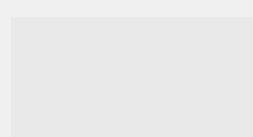
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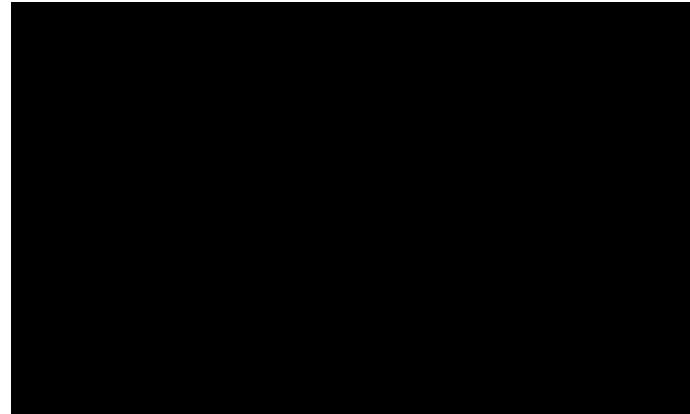


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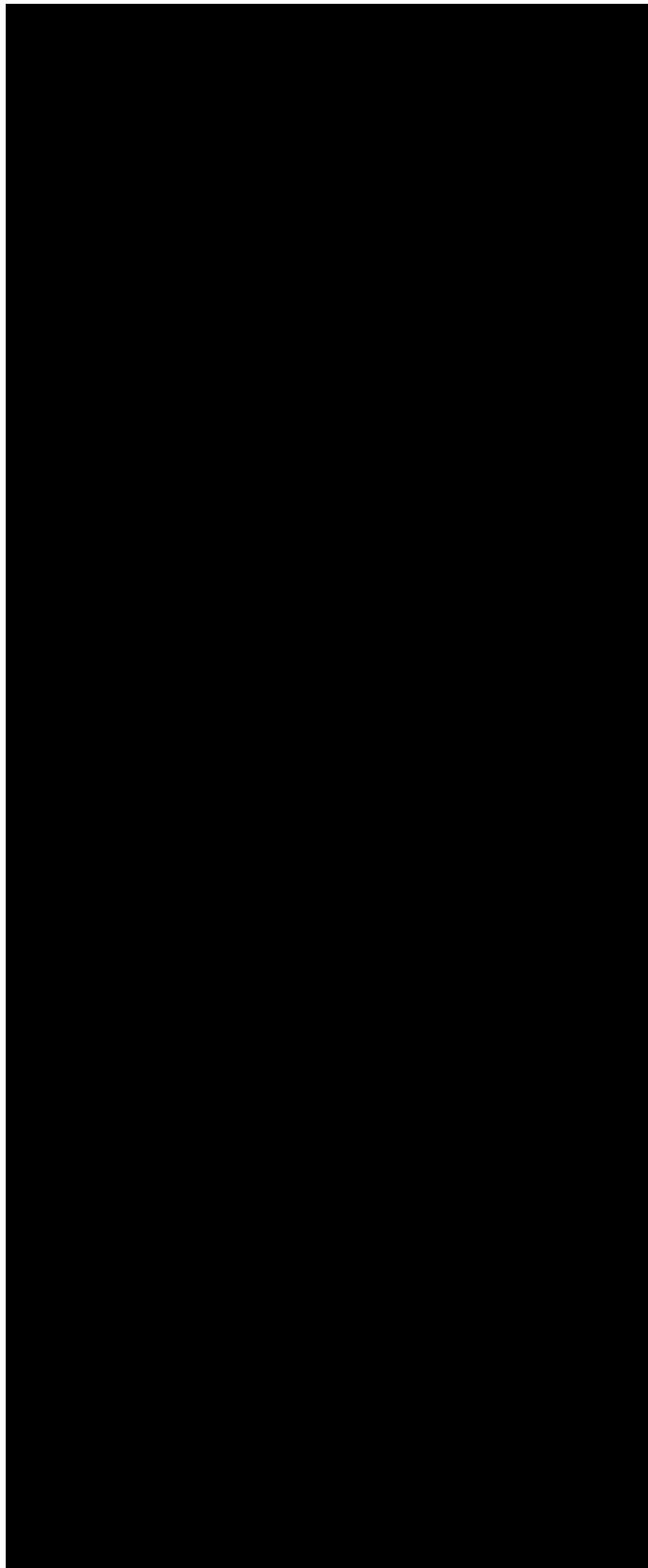
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