



CAMP  
SOUTHERN  
GROUND

## ALBACORE TUNA & WHITE BEAN SALAD

### INGREDIENTS

#### SALAD

- 1 tbsp extra-virgin olive oil
- 1/2 cup gluten free breadcrumbs
- 2 cloves garlic, minced
- 1- 15 oz can cannelloni beans, drained and rinsed
- 1/4 cup flat-leaf parsley chopped
- 2 ribs celery, finely chopped
- 1/2 medium red onion, chopped
- 10 oz albacore tuna packed in water, drained, and roughly crumbled
- 1 head butter lettuce or green leaf lettuce, cleaned and leaves pulled from the stem



#### VINAIGRETTE

- 1 tbsp lemon juice
- 2 tsp whole-grain mustard
- 2 tsp Dijon mustard
- 2 tsp honey
- 1/2 tsp Kosher salt
- 1/4 tsp freshly ground black pepper
- 1/3 cup extra-virgin olive oil

### INSTRUCTIONS

1. In a medium skillet, heat the oil over medium-high heat.
2. Add the breadcrumbs and cook, stirring frequently, until crumbs begin to brown, about 4 - 5 minutes.
3. Remove from the heat and stir in the garlic and a pinch of salt and pepper
4. To make the vinaigrette, place the lemon juice, whole grain mustard, Dijon mustard, honey, salt, pepper, and oil in a jar. Affix the lid and shake vigorously until emulsified.
5. In a large bowl, gently mix the beans, parsley, celery, onion, and tuna.
6. Pour the vinaigrette over the mixture and toss gently to coat.
7. Arrange the lettuce on individual plates or one large serving platter and top with the tuna and bean mixture.
8. Sprinkle the toasted breadcrumbs over the top and serve.
9. To serve as an appetizer, cut 1/2-inch slices on a diagonal from a baguette.
10. Brush olive oil over one side of the slice and then toast until lightly brown. Top with the salad and breadcrumbs. Serve at once.