

Pasta with White Beans and Tuna

Notes:

1. If you can't find Italian Cannellini beans in a jar and Italian tuna packed in oil, go ahead and use canned. It will still be delicious.
2. Italians would not add any Parmesan cheese for garnish as they do not believe pasta dishes containing fish should have cheese in them, but in this case, I think the saltiness of the cheese really complements the creamy but relatively bland flavour of the beans.

¼ medium purple onion, finely diced

12 ounces dried whole wheat pasta

3 cups arugula

2 cups grape tomatoes, halved

1 jar Italian Cannellini beans, drained and rinsed

1 jar Italian tuna in oil, drained, and broken into chunks

1/3 cup pitted green olives, sliced

8 basil leaves, finely sliced

Salt and pepper to taste

¼ cup creamy lemon vinaigrette (recipe below)

Shavings of Parmesan Reggiano cheese made with vegetable peeler (optional)

1. Soak the diced purple onion in ice water for about 30 minutes, to make them not quite as strong. Drain and pat dry before adding to the pasta.
2. Bring a large pot of water and 2 tablespoons of salt to a boil. Cook pasta according to package directions.
3. Drain pasta and pour into a large mixing bowl. Add arugula and toss with hot pasta to slightly wilt the arugula.
4. Mix in onions, grape tomatoes, beans, tuna, olives, basil, salt, pepper and vinaigrette.
5. Taste and add additional dressing or salt and pepper if needed.
6. Serve in bowls garnished with parmesan shavings

Creamy Lemon Vinaigrette

This recipe is adapted from Toronto chef Keith Froggett. He intended it to be served with gravlax and asparagus. This can be made a day ahead.

1 medium lemon
2 tablespoons cold water
1 egg yolk
1 tablespoon Dijon mustard
1 ½ tablespoons lemon juice
1 teaspoon white wine vinegar
½ cup mild tasting extra-virgin olive oil
½ cup vegetable oil
4 tablespoons hot water
Salt and cayenne pepper, to taste

1. Remove zest from lemon in broad strips using a vegetable peeler. Blanch the peel by bringing it to a boil in about 2 cups of water, 3 separate times, changing the water each time to eliminate bitterness.
2. In blender, combine the zest with the cold water, yolk, Dijon, lemon juice and vinegar and blend until smooth.
3. With blender running, slowly pour in both oils to make an emulsion.
4. Add hot water, salt and cayenne and blend for another 5 seconds. Keep at room temperature or refrigerate if using later. Return to room temperature before using.