

**WHITE BEAN, ARTICHOKE, TUNA, AND EGG SALAD**  
**by radish\*rose**

Inspired by [Everyday Italian by Giada de Laurentiis](#)

**Ingredients:**

2 cans tuna packed in water, drained

1 can great northern or other white beans, well rinsed

1 can artichoke hearts, well rinsed and chopped (if you don't have these, you can sub in a 2nd can of beans or veg, or just leave it out)

1/2 red onion, finely chopped

2 T. capers

1/2 c. fresh parsley, finely chopped

1/2 tsp dried oregano

1/2 lemon's juice

4 hard cooked eggs, diced (you can leave these out if you don't have them and don't feel like making them right now)

1/2 tsp flaky sea salt (like Maldon)

Freshly ground black pepper

1/2 recipe [radish\\*rose balsamic mustard vinaigrette](#) - or 1/4 c. red wine vinegar + 1/2 c. olive oil and some extra salt and pepper

Optional: greens to serve on

**Equipment:** Large salad bowl

**Method:**

Mix all together. Ta-da! Done!

I like to serve it over a bed of greens. Or you could put it in a wrap. Or you could make crostini by putting it on a toasted round of bread. Or you could eat it on crackers. Or you could just eat it straight up with a spoon. I bet you could even toss it with some whole-wheat short pasta like bow ties and make a nice pasta salad. Yum!

Original post: <http://radishrose.net/2014/06/18/white-bean-artichoke-tuna-and-egg-salad/>

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