

# Salade Niçoise

Around My French Table, Dorie Greenspan



## Servings: 4

1. Boil the potatoes in a large pot of salted water. Cook until they are tender enough to be pierced easily with the tip of a knife, 10 - 20 minutes. Scoop them out of the pot and put them in a bowl to cool.
2. Blanch the green beans in the potato water until they are crisp-tender, about 4 minutes. Drain the beans and put them in a bowl of ice water to stop the cooking. Drain, then pat dry.
3. Make the vinaigrette: Add vinegar, shallot, mustard, salt, and pepper to a small glass measuring cup or jar and let sit 10 - 15 minutes to mellow the shallot. Slowly drizzle in the olive oil while whisking constantly.
4. Assemble the salad, on one large platter, or individual plates: salad greens, halved potatoes, green beans, halved eggs, tuna, tomatoes, olives, capers, anchovies and drizzle with the shallot vinaigrette.

- 12 small potatoes, scrubbed
  - 2 cups haricot verts, green beans
  - 4 hard-boiled eggs
  - 8 ounces canned tuna, packed in oil, drained
  - 5 cups salad greens
  - 1 1/2 cups cherry tomatoes, or regular tomatoes cut into chunks
  - 1/2 cup Niçoise olives
  - 1/4 cup capers, drained and patted dry
  - 8 small anchovy fillets, rinsed and patted dry
- DRESSING:**
- 2 tablespoons wine vinegar, red, white or sherry
  - 1 shallot, finely minced
  - 1/4 teaspoon Dijon mustard
  - a few pinches sea salt
  - fresh black pepper
  - 4 tablespoons olive oil

*Per Serving (excluding unknown items): 629 Calories; 22g Fat (31.7% calories from fat); 33g Protein; 76g Carbohydrate; 10g Dietary Fiber; 236mg Cholesterol; 813mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**