
Seared Ahi Salad with White Beans

From a cooking class with Phillis Carey, 8/2011

Internet Address:



Servings: 4

1 small red onion, cut in quarters lengthwise, thinly sliced

3 tablespoons red wine vinegar

1 large yellow tomato, or red, seeded, diced

1 whole red bell pepper, cut into 2 inch matchsticks

30 ounces canned cannellini beans, rinsed, drained

2 cloves garlic, minced

1 teaspoon fresh thyme, minced

4 tablespoons fresh parsley, chopped (divided use)

1 pound ahi tuna, 1 inch thick

Salt and freshly ground black pepper

1 tablespoon grapeseed oil

1/3 cup extra virgin olive oil

1 1/2 tablespoons fresh lemon juice

1 teaspoon honey

4 ounces arugula leaves

1. In a small bowl place the onion. Cover with cold water and add red wine vinegar. Allow to sit for 30 minutes; drain well and place on paper towels.
2. Toss onion with tomato and red bell pepper in a large bowl. Add beans (be gentle as cannellini beans are fragile), garlic, thyme and 3 T. of the parsley. Toss the salad and add most of the salad dressing (see step 4). Set aside.
3. Preheat grill pan (or you can cook this on an outdoor grill) until VERY hot. Season tuna with salt and lots of pepper. Brush with oil and grill tuna for 1-1 1/2 minutes per side. Do not put the lid down on an outdoor grill. The inside of the tuna should be pink. Remove to a cutting board and allow to rest for about 3-4 minutes. Cut tuna into small cubes or 1" slices.
4. DRESSING: Combine olive oil, lemon juice and honey. Whisk to combine, making sure the honey is dissolved.
5. Add tuna to the bean mixture and toss it with remaining dressing.
6. Arrange arugula on individual plates or shallow bowls then top with the salad, dividing the tuna equally. Garnish with remaining parsley and freshly ground black pepper.

Per Serving (excluding unknown items): 404 Calories; 23g Fat (49.2% calories from fat); 10g Protein; 42g Carbohydrate; 10g Dietary Fiber; trace Cholesterol; 466mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>