

# THE OTHER SIDE OF THE SPATULA

Living a Tasty Life with Donna DelCora

## White Bean & Avocado Salad

### Ingredients:

Four 15 1/2 – ounce cans rinsed & drained cannellini beans  
Kosher salt and ground black pepper  
2-3 medium garlic cloves, finely diced or grated  
1 small red onion, cut in half and sliced thinly  
1 cup cherry tomatoes, cut in half  
1/3 cup red wine vinegar  
4 tablespoons extra virgin olive oil  
1 large ripe avocado, pitted, halved and cut into pieces  
1 cup fresh flat-leaf parsley  
2 teaspoons dried oregano  
1 teaspoon grated lemon zest plus two teaspoons lemon juice



### Directions:

**Note: Do not add the Avocado until ready to serve.**

1. Toss the beans in a large microwave-safe bowl and add 1 1/2 teaspoon of salt. Cover and microwave for 3 minutes.
2. While beans are still hot, add garlic, red onion, vinegar, olive oil, salt, and pepper. Toss together.
3. Let the mixture cool for 30 minutes, occasionally tossing to combine flavors.
4. Once the bean mixture has cooled, stir in the tomatoes, parsley, oregano, lemon zest, and juice.
5. Season again with salt and pepper.
6. Stir in the avocado
7. Place the bean salad in a serving dish and drizzle with olive oil.

### Inspirations:

- a. If you do not have enough cannellini beans, I sometimes mix in some garbanzo beans, navy beans or whatever is in my cupboard.
- b. This salad is great when served at room temperature or chilled.
- c. Check out my recipe for baby rack of lamb on the blog; this salad is the perfect complement to lamb, chicken, beef, or fish.