

Roasted artichoke & white Bean antipasto with tuna

Serving Size: 6

Ingredients:

2, cans quartered artichokes drained, or Roasted artichokes , See recipe
6 halves roasted tomatoes, canned or roasted, sliced and quartered
9 ounces white northern beans, canned or soaked
1 yellow pepper, deveined and diced
1 cup kalamata olives or Picholine, pitted, sliced or diced
2 cans excellent italian tuna in olive oil drained, marinated in olive oil infused with ½ tsp lemon zest, 1 bay leaf, ½ tsp chili flakes, 1 garlic and ¼ tsp fennel seeds.(optional)

Vinaigrette

½ tsp. minced lemon zest
3 tbl fresh lemon juice
¼ tsp. salt
1 clove garlic, grated
5 tbl extra virgin olive oil

Directions:

1. Follow recipes for artichoke marinade. Mix all the ingredients and dice according to method of serving, (i.e., salad, or bruschetta topping).

Make lemon-garlic Vinaigrette

2. Combine everything but the oil, then whisk it in, very slowly. You will only need about 3 tablespoons for the roasted artichoke and white bean antipasto.

3. Mix in dressing Start with 3 tablespoons of vinaigrette to just manage to coat all the vegetables.

Garbanzo bean spread

Recipe By: Giada's kitchen

Yield: 2.5 cups

Ingredients:

1 15.5 ounce canned garbanzo beans, drained and rinsed
2 garlic cloves, peeled
¼ cup mint leaves
2 tsp. grated lemon zest
3 tbl lemon juice, fresh squeezed
3 tbl extra-virgin olive oil
¼ tsp. salt
¼ tsp. pepper

Directions:

Combine all the ingredients in a food processor. Pulse until the mixture is smooth. Refrigerate.