

Ham and White Bean Salad (PARSLEY)

2lbs. Navy beans (I used Great Northern)
3 c. garlic-mustard dressing
2 red onions, sliced thin
2 c. chopped Italian parsley
2 lb. cooked ham cut into 1" pieces
salt and pepper to taste
2 c. pitted Kalamata olives (from the olive bar in grocery store)

Two days ahead: soak beans overnight

One day ahead: Drain, cover with cold water by at least one inch. Bring to boil and simmer until tender. Pour the 3 cups of mustard dressing over hot beans. Let cool. Add remaining ingredients, except olives. Cover and refrigerate. Day of Serving: Toss again, adding olives.

Garlic-Mustard Dressing

1 pasteurized egg
1/3 c. Dijon mustard
1/3 c. red wine vinegar
salt and pepper to taste
6 cloves garlic, peeled and chopped
2 c. extra virgin olive oil

While the beans are cooking, combine egg, mustard and vinegar in a food processor or blender. Season to taste and process 1 minute. With motor running, drop garlic through feed tube. Then begin slowly adding olive oil. When all the oil is incorporated, taste. Pour directly on beans while still hot.

May not need ALL the dressing on the beans. Also good on salmon, potatoes, asparagus.