

Tomato, White Bean, and Arugula Salad with Roasted Garlic Vinaigrette (from 366
Delicious Ways to Cook Rice, Beans, and Grains, Andrea Chesman)

Yield: 3-6 servings

Sweet tomatoes, peppery arugula, and nutty roasted garlic combine in this delicious salad. Serve it as a starter for a pasta meal or as a main course accompanied by a crusty loaf of bread.

Vinaigrette: 1 bulb garlic
3 Tbsp extra-virgin olive oil
3 Tbsp dry white wine
1 Tbsp red wine vinegar
salt

Salad: 3 cups cooked cannellini (white kidney) beans
4 medium to large ripe tomatoes, cut into wedges
12 cups torn arugula (8 ounces)
½ cup thinly sliced Vidalia or similar sweet onion
2 tsp capers

To make the vinaigrette, preheat the oven to 450 degrees. Remove the papery outer skin of the garlic and slice the top off the bulb to expose the tips of the cloves. Place in a small bowl and pour in enough water to cover the bottom of the bowl by about ¼ inch. Roast for about 30 minutes, until the garlic is soft and browned, but not charred. Remove the garlic from the water and set aside until cool enough to handle. (You can speed the cooling process by separating the cloves.) Remove the cloves from the papery skins. Combine in a blender with the olive oil, wine, vinegar, and salt to taste, and process until smooth.

In a large salad bowl, combine the beans and tomatoes. Add the dressing and toss to mix well. (You can hold the salad at this point for about an hour.)

To serve, make a bed of arugula on individual plates. Spoon the beans and tomatoes over the greens. Scatter the onions and capers on top. Serve at once.