

Rice Salad Niçoise

PREP AND COOK TIME: About 1 hour

MAKES: 4 to 6 servings

- 1½ cups long-grain white rice
- About ½ teaspoon salt
- 12 ounces green beans, rinsed
- ½ cup red wine vinegar
- 2 tablespoons Dijon mustard
- 1 clove garlic, peeled and minced
- ⅓ cup olive oil
- ¼ cup each chopped parsley and chives
- Fresh-ground pepper
- 12 ounces cherry tomatoes, stemmed and rinsed
- 2 cans (6 oz. each) solid light tuna in oil, drained and broken into large chunks

LEIGH REISCH (FOOD STYLING: GEORGE DOLESE)



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1. In a 4-quart pan, combine rice, $\frac{1}{2}$ teaspoon salt, and 3 cups water. Bring to a boil, then reduce heat, cover, and simmer until water is absorbed and rice is tender to bite, about 20 minutes. Spread rice in a baking pan and let cool to room temperature.
2. Meanwhile, in a large pan over high heat, bring about 2 quarts water to a boil. Snap ends off green beans and snap or cut beans in half. Add to boiling water and cook just until bright green and tender-crisp to bite, about 2 minutes. Drain, rinse well under cold running water, and drain again.
3. In a bowl, whisk vinegar, mustard, and garlic until smooth. Add oil and whisk until well blended. Add salt and pepper to taste and 3 tablespoons *each* parsley and chives.
4. Spoon rice into a large bowl. Pour dressing over rice and mix to coat. Gently stir in beans, tomatoes, and tuna. Sprinkle with remaining herbs.

Per serving: 400 cal., 38% (153 cal.) from fat; 16 g protein; 17 g fat (2 g sat.); 45 g carbo (2.4 g fiber); 585 mg sodium; 20 mg chol.