

RECIPES FROM TRIXIE MATKOWSKI AND HER
FRIENDS AND RELATIVES

APIKIAN FAMILY'S WHITE BEAN SALAD

(SERVES 4-6)

This recipe is from my friend's (Donna M. Coyle's) Armenian family. Donna said that her mother always made this salad by eye and taste, and that most Armenian cooks pass down their recipes by watching food being prepared and by word of mouth.

In fact, Donna revealed that this is the first time that her mother's recipe has ever been written down!

INGREDIENTS:

2 8 oz. cans Great Northern or Cannellini beans (rinsed and drained)

1 small chopped sweet white onion

2 to 3 tbsps. chopped parsley

juice of ½ lemon (more or less, no seeds)

¼ cup of extra virgin olive oil (more or less to taste)

salt and freshly ground black pepper to taste.

DIRECTIONS:

In a medium glass or ceramic bowl, combine the rinsed beans, onion and parsley. Add the squeezed lemon juice, olive oil, salt and pepper. Mix carefully so as not to crush beans.

Chill before serving.