



# WHITE BEANS <sup>WITH</sup> CELERY & RED ONION

You can always skip the bay leaf if you're cooking the beans and don't have one handy. Shredded carrot could be used instead of celery. Or you can just do the herbed white beans over spinach or lettuce.

- 2 cups dried white beans, or two 20 oz cans white beans, drained
- 1 bay leaf
- 1/3 cup olive oil
- juice of 2-3 lemons, freshly squeezed
- 1 cup chopped celery
- 1/2 cup red onion, thinly sliced with the slices cut in quarter pieces
- 1 bunch of fresh parsley or dill, or a mix of the two, chopped
- water
- salt

Soak dried beans overnight in water to cover by at least 2 inches. Drain and add fresh water to cover by at least 3 inches. Add bay leaf. Do not salt. Cook over medium high heat until the beans are tender, but do not begin to disintegrate. If using canned beans drain and rinse with fresh water. While the beans are cooking, soak the red onion in cool water to cover for 1/2 hour. This draws out bitterness and sharpness from the raw onion. When the beans are tender, drain, then add all the ingredients. Taste for and adjust salt. Serve at room temperature. These beans are very good as a component of a vegetable lunch.



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