

Boiled Zucchini Salad With Tuna

By Lidia Bastianich

Serves 6

Ingredients:

- ¼ teaspoon kosher salt, plus more for the pot
- 1 pound medium zucchini, all about the same size
- 1st cup drained tiny capers in brine
- Juice of 1 lemon
- ¼ teaspoon crushed -red--pepper flakes
- 3 tablespoons -extra--virgin olive oil
- Two -5--ounce cans Italian tuna in oil, drained

There are many versions of tuna salad. It is typically Italian to add boiled or steamed vegetables to fish, eggs, or cheese and toss the whole mixture into an insalatone, a big salad. Here just canned tuna in olive oil is added. Regular American white tuna can be used instead, but the results will be much better if you go with the Italian canned tuna packed in olive oil.

Directions:

1. Drop the whole zucchini into a pot of boiling salted water. Simmer until the zucchini is tender but not mushy, about 15 to 20 minutes. Drain, let cool slightly, then cut into -½--inch rounds. Put the sliced zucchini in a large serving bowl.
2. Toss the warm zucchini with capers, lemon juice, salt, and red--pepper flakes. Drizzle with olive oil, crumble in the tuna, and toss again.

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