
Bean Salad (Fasolia Xera Salata)

In Greek: pronounced fah-SOL-yah kseh-RAH sah-LAH-tah

This is a simple dish to make and a Greek favorite. Great Northern or navy beans are a delicious choice, but you can use any dried white beans. This is a great dish to include in a picnic or cookout menu! Enjoy it as a salad, appetizer, or side.



1 pound of Great Northern beans or other dried white bean (or 6 to 6 1/2 cups of canned)

1 medium onion, in finely sliced rings

1 heaping teaspoon of fresh parsley, chopped

extra virgin olive oil

red wine vinegar

freshly ground pepper

1-2 teaspoons of salt, to taste

The night before:

Pour the beans in a colander or bowl and check for any damaged beans or debris and discard. In a large pot or bowl, soak the beans overnight in plenty of cold water to cover generously.

The next day:

Drain beans and rinse under running water. Add beans to a large pot with 10-12 cups of fresh cold water. Bring to a boil, add 1-2 teaspoons of sea salt, cover, reduce heat to low, and simmer for 1 hour and 30 minutes. Drain and transfer to a serving bowl. Season to taste with salt and pepper. Add the onion slices on top and sprinkle with chopped parsley.

Serve warm, at room temperature, or chilled, with olive oil and vinegar on the side.

Enjoy!