



THE BRT (BEET-RHUBARB-TUNA) SALAD

Ingredients

- 1/3 cup water
- 1/3 cup white or brown sugar (I've tried both)
- 1 stalk rhubarb, chopped
- 1 170-gram can of tuna chunks or flakes
- 1/2 cup mayonnaise (I used homemade)
- 3 medium sized beets, boiled, peeled, cut in 1/2"-3/4" cubes
- 1 stalk celery, chopped
- 1 carrot, julienned
- lettuce, washed and cut or ripped by hand
- salt and fresh ground pepper to taste

Preparation

1. Combine water and sugar in a small saucepan on medium heat. Wait for the sugar to completely dissolve before adding the chopped rhubarb. Once it starts boiling again, time for 1.5 minutes and take off the heat to cool.

2. Quickly drain the now-mushy rhubarb (keep the syrup to use for sauce or meat marinade) and place in a medium size bowl. Add mayonnaise, tuna, celery and fresh ground pepper (I use a lot). Mix them together first and add salt to suit your taste. You can either add the beets now or just top your salad with it to avoid having a bright pink salad.

3. Serve on a bed of lettuce or on its own. Enjoy the lovely seasonal flavors!

Copyright © 2009 Gourmeted.com

This is an original recipe from Gourmeted.com. You can email us at gourmeted@gmail.com if you have questions. [A photo of this dish is available on our website.](#) [11 June 2009]