

# Mediterranean Tuna Salad

## Ingredients

- 1 (6-ounce) can or jar of tuna (packed in spring water)
- 1/2 cup artichoke hearts, diced
- 1/2 cup pitted kalamata olives, chopped
- 1 roasted red pepper, chopped
- 1/4 cup fresh chopped parsley
- 2 tablespoons slivered basil leaves
- 3 tablespoons olive oil
- Juice of 1 lemon
- Salt and fresh ground pepper, to taste



## Directions

Combine all of the ingredients in a bowl and season with salt and pepper. Chill until ready to serve.

Serve in lettuce leaves, with Organic chips or on Ezekiel or Rudi's bread.