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Veterans-For-Change

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Artichoke and Ripe Olive Tuna Salad

♣ Prep Time: 10 mins
★ Total Time: 10 mins

★ Ingredients

> 12 ounce(s) fish, tuna, light, packed in water, drained and flaked

1 cup(s) artichoke hearts

> 1/2 cup(s) olives, pitted, California Ripe Olives, chopped

> 1/3 cup(s) mayonnaise, reduced-fat

> 2 teaspoon lemon juice

➤ 1 1/2 teaspoon oregano, fresh, chopped or 1/2 teaspoon dried

Preparation

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Combine tuna, artichokes, olives, mayonnaise, lemon juice and oregano in a medium bowl.