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Artichoke & Ripe Olive Tuna Salad

- 1 12-ounce can (or two 6-ounce cans) chunk light tuna, drained and flaked (see Note)
- 1 Cup chopped canned artichoke hearts
- ½ Cup chopped olives
- 1/3 Cup reduced-fat mayonnaise
- 2 Teaspoons lemon juice
- 1 ½ Teaspoons chopped fresh oregano, or 1/2 teaspoon dried

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

Makes 5 servings

