

Mediterranean Salmon Salad

Serves 2



GLUTEN FREE



DAIRY FREE

Ingredients

- 1 6-oz can salmon or tuna, drained
- 1/4 cup red bell pepper or other color, diced
- 1/4 cup jarred artichoke hearts, quartered
- 2 tablespoons olives, sliced
- 2 tablespoons sundried tomatoes, julienned
- 2-3 tablespoons hummus
- 1 tablespoon fresh parsley, minced
- 1 teaspoon lemon juice

Directions

1. Combine all ingredients, starting with 2 tablespoons hummus. Add more if necessary to reach desired consistency.

Notes

Serving suggestions: on mini bell peppers, in a lettuce or collard wrap, in a sandwich on whole grain bread, or on top of a salad.

You can substitute tuna for salmon. Limit albacore to ~6 oz./week to reduce mercury consumption

Recipe from Cook Well Berkeley class: Lunch – Eat Well at Work, fall 2015

