

Artichoke Salad w/ Olives

1/2 cup low fat mayo
2 TBS creamy Italian dressing
1/8 TSP ground black pepper
10 ounces marinated artichokes, chopped
1/2 cup roasted red bell pepper
1 rib celery, chopped
1/4 cup fresh chopped basil
8 kalamata olives, pitted and halved
6 lettuce leaves

In a small bowl whisk together mayo, dressing and black pepper.

In a large serving bowl combine artichokes, roasted pepper, celery, basil and olives. Stir in the dressing mix and cover. Refrigerate until ready to serve. Divide the lettuce on six plates and spoon the artichoke mixture on the lettuce. Serve.

Makes 6 servings.

Nutrition Information per serving:

2 grams protein

6 grams carbs