

Warm Mediterranean Tuna Salad

2 Tbsp hummus (I used roasted red pepper but original recipe calls for plain)

1 Tbsp water

2 tsp EVOO

6-10 cherry tomatoes halved

½ cup cucumber, cut into quarters

½ cup red bell pepper

½ cup canned quartered artichoke hearts, drained and cut bite sized

4-6 pitted kalamata olives, roughly chopped

1 can no-salt added light tuna, in water, drained

1 Tbsp crumbled feta cheese

3 cups Spring mix, arugula or lettuce of choice

1 Tbsp fresh lemon juice

Whisk hummus, and water in a small bowl, set aside.

Heat oil in medium sized pan over medium-high heat. Add bell pepper and cook for 1-2 minutes. Add artichoke hearts and olives. Gently stir in tuna, maintaining large pieces. Cook for additional 1-2 minutes, until tuna is warmed and then remove from heat, adding hummus mixture. Mix with remaining ingredients, drizzling with lemon juice last.

Best for the Ovulatory Phase

