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## GREEK MARINATED ARTICHOKE SALAD

By Dr. Cindy Tanzar  
(Standard/Vegan/Maintenance)

This easy recipe is delicious and one of our favorite salads. If you haven't tried artichokes, this is your opportunity to walk away with two thumbs up! Artichokes are not only low-glycemic, therefore, friendly to your blood sugar, but are also very nutritious. Even for picky eaters, artichokes are easy to love. They have a very mild flavor (milder than a cucumber) and satisfying texture. Once you try them, you'll be hooked!

Makes 2 servings. One serving equals 2 cups raw vegetables and a serving of fat. Add a serving of diced grilled chicken for an extra boost of flavor.



### INGREDIENTS

- 14 oz. canned, quartered artichoke hearts, in brine
- 6-8 Kalamata olives, cut in half
- 1/4 cup red or sweet onion, diced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup red, yellow or orange bell pepper, diced
- 1/2 cup diced cucumber



1/4 cup extra virgin olive oil  
2 Tbs. red wine vinegar  
1/2-1 tsp. dried oregano (optional)  
1 Tbs. lemon juice (if you don't have it, use more vinegar)  
Pink Himalayan salt & freshly-ground pepper, to taste  
*(Can add 4 oz. of Feta cheese if on maintenance)*

### INSTRUCTIONS

In a small bowl, whisk together olive oil, vinegar, oregano and lemon juice, salt and pepper.

In a large bowl, combine artichokes, olives, onion, tomatoes, pepper and cucumber. Pour vinaigrette on top of vegetables, gently tossing to coat. Refrigerate until ready to serve.