

## **Artichoke and Tomato Salad**

1 15 oz can artichoke hearts, drained and quartered  
2 garlic cloves, chopped  
1 Tbsp olive oil  
1 tsp lemon juice  
½ tsp ground cumin  
1 Tbsp fresh parsley, chopped  
1 Tbsp fresh basil, chopped  
1 cup cherry tomatoes, halved

In small bowl, combine olive oil, lemon juice, garlic and cumin. Place artichokes and tomatoes in medium bowl. Add parsley and basil. Stir in olive oil mixture. Serve.

Serves 4. One serving=1/2 cup.

**Calories 100 Fat 4g Sat Fat 0.5 Carbohydrate 15g Fiber 10g Protein 8g Sodium 65mg**