

Artichoke Olive Tapenade

This is the easiest appetizer that you will ever make. Once you have the ingredients on your counter, it will take about 3 minutes to pulse together in a food processor. If you want to add some heat, add some crushed red pepper flakes, but it tastes mighty good with just the black pepper. The recipe makes about a quart, so you'll have plenty to serve a crowd.

2 cloves	garlic	1 handful	parsley
1 6 oz. can	pitted black olives, drained weight	6 grindings	fresh ground black pepper
6 ounces	Spanish green olives, drained weight	2 Tablespoons	lemon juice, freshly squeezed
1 8.5 oz. can	artichoke hearts, drained weight	3 Tablespoons	olive oil
3 Tablespoons	capers drained	1/8 teaspoon	crushed red pepper flakes (optional)

- 1 Throw the garlic cloves into the bowl of a food processor and mince.
- 2 Add the drained black olives, Spanish olives, artichoke hearts, capers, parsley, black pepper and pulse a few times.
- 3 Add lemon juice and olive oil and optional crushed red pepper. Pulse a few more times or until the mixture is combined and ingredients the size of a popcorn kernel.
- 4 Serve in a bowl with sliced French baguette slices or scoop onto the slices and top with a parsley leaf to tray pass.

Servings: 50

Yield: Quart

Preparation Time: 5 minutes

Total Time: 5 minutes

Nutrition Facts

Nutrition (per serving): 18 calories, 13 calories from fat, 1.5g total fat, 0mg cholesterol, 79.7mg sodium, 20.3mg potassium, 1.1g carbohydrates, <1g fiber, <1g sugar, <1g protein.

Source

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