

# Easy Olive Tapenade



Yield: About 1 cup



## Ingredients:

Olives, brine-cured and pitted .....	1 ½ cups	375 mL
Anchovy paste or 2 anchovy filets minced .....	1 tsp	5 mL
Capers, rinsed .....	3 tbsp	45 mL
Parsley leaves, fresh .....	1 ½ tbsp	22 mL
Garlic cloves .....	3	
Lemon juice, fresh .....	3 tbsp	45 mL
Black pepper .....	¼ tsp	1.25 mL
Olive oil .....	¼ cup	60 mL
Salt .....	to taste	
Additional black pepper .....	to taste	

## Instructions:

1. In a food processor, combine pitted olives, anchovies, capers, parsley, garlic, lemon juice, and ¼ teaspoon pepper. Pulse 2 to 3 times until coarsely chopped.
2. Drizzle in olive oil and pulse a few more times until a chunky paste forms.
3. Scrape down sides of the processor bowl and continue to pulse until ingredients are well combined and nicely minced.
4. Season to taste with salt and pepper.
5. Serve at room temperature as an antipasto, or use as a topping for sandwiches, pizza, soup, and more.

## Culinary Notes:

- Choose mild-flavoured olives like Kalamata, Lucques, Picholines or Cailletier (Niçoise style). Use one variety, or a combination.
- Capers have different packaging methods; brine-packed or salt-packed. The flavour of the salt-packed ones tends to be milder. Whichever you choose, don't forget to rinse them! The flavor from un-rinsed capers can overpower the rest of the tapenade.
- For a more complex flavour; roast the garlic cloves: Preheat the oven to 400 °F degrees. Cut the top off an unpeeled whole bulb of garlic so the cloves are exposed. Set the bulb on a piece of foil large enough to wrap the bulb. Top the exposed cloves with olive oil and wrap the bulb tightly in foil. Bake for 45 to 60 minutes or until a knife slides easily in to the middle of the bulb.
- For an even more flavourful version of this tapenade with a little added protein and calcium stir in ⅓ cup crumbled feta or goat cheese. Or, for some plant protein and additional healthy fats process in ⅓ cup roasted nuts.