

Rachel's Tapenade

Makes: 10 servings (2 ounces each)



Total Time: 5 minutes

Ingredients:

- ¾ pounds pitted black olives, such as Kalamata or a mixture
- 2 Tbsp. capers, drained and rinsed
- 2 cloves garlic
- 1 anchovy fillet (optional)
- 1 tsp Dijon mustard
- 5 sprigs fresh thyme, leaves only
- 3 Tbsp. chopped parsley
- ¼ tsp. crushed red pepper
- 2 Tbsp. D'Avolio White Oregano Balsamic Vinegar
- ½ cup D'Avolio Organic Tuscan Herb Olive Oil

PREPARATION

1. Combine all ingredients in the bowl of a food processor and pulse to combine well, then allow to process until mixture is coarsely pureed. Taste for seasoning.

This simple recipe is loaded with monounsaturated fats, thanks to the olives and D'Avolio olive oil. Serve Rachel's Tapenade as a dip alongside crusty bread with goat cheese, grilled vegetables or chicken, or tossed with cooked pasta and fresh herbs.

Nutrition: 170 calories; 18g fat (1.5g saturated, **14g monounsaturated**); 2g carbohydrates; 0g fiber; 670mg sodium