

Appetizers

Olive Spread

Newspaper Article

1 tablespoon olive oil

1 large shallot, thinly sliced

1/2 cup pitted Mediterranean olives (Nicoise, kalamata, or Sicilian), halved, if large

1 tablespoon pine nuts

1/4 teaspoon crushed dried oregano

Heat oil in a small skillet. Add shallot and cook over medium-high heat for one minute or until shallot is tender.

Stir in olives, pine nuts and oregano. Reduce heat to low and simmer for 2-3 minutes.

Per Serving (excluding unknown items): 175 Calories; 18g Fat (88.6% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.