

Kalamata Olive Tapenade

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Start to Finish Time: 10 minutes

1 jar (9 1/2 ounces) pitted kalamata olives (OR 2 cups other pitted ripe olives), drained

2/3 cup bottled roasted red peppers, drained

2 large cloves garlic

1/4 teaspoon ground black pepper

In a food processor or blender, combine the olives, roasted red sweet peppers, garlic and black pepper.

Cover and blend or process until nearly smooth, scraping down the sides of the container as necessary.

(For make ahead, the tapenade can be stored in an airtight container in the refrigerator for up to one week.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 26 Calories; trace Fat (1.4% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.