
Tomato Tapenade

Miriam Esterkis - New Jersey

North American Potpourri - Autism Directory Service, Inc - 1993

3 ounces sun-dried tomatoes in olive oil

1 rounded tablespoon drained capers

2 teaspoons minced garlic

1 teaspoon finely grated lemon zest

1 teaspoon fresh lemon juice

1/2 teaspoon herbes de Provence

(NOTE: If you can only find packaged dried tomatoes, follow the package directions and cover with one cup of olive oil at room temperature for one week in a sealed container.)

Pick the tomatoes out of the oil, leaving plenty of oil on them.

In a food processor, combine the tomatoes with the capers, garlic, lemon zest, lemon juice and herbes de Provence. Pulse until a very coarse rough puree' forms. Add some additional oil from the tomatoes if necessary. Season to taste with salt.

Serve at room temperature with toasted Italian bread sliced thinly.

(Herbes de Provence is a combination of herbs sold together; available at most supermarkets.)

Condiments, Sauces

Per Serving (excluding unknown items): 10 Calories; trace Fat (1.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit.