

Recipe Name___ Tapenade
Serving Size_____ 4 portions_____

Ingredient	Weight	Volume/Measure
Black olives, pitted	4.5 oz	
Capers, chopped		1.5 tbsp
Anchovy fillets, chopped		3 fillets
Garlic, crushed		0.5 clove
Lemon, juice only		0.5 lemon
Fresh parsley, chopped (small bunch)		
Extra-virgin olive oil		1-2 tbsp
Salt & freshly ground black pepper		to taste

1. For a rustic tapenade: combine all ingredients in a bowl, adding enough olive oil to form a paste.
2. For a smoother texture: pulse the garlic, lemon juice, capers, and anchovies in a processor (10 seconds or so). Add olives and parsley; drizzle in olive oil until a paste forms.
3. Season to taste with salt and pepper.