

# Your Healthy Kitchen



 YAVAPAI REGIONAL  
MEDICAL CENTER  
*Proudly Caring for Western Yavapai County*

## Lemon-Garlic Infused Olive Tapenade

From [www.spoonwithme.com](http://www.spoonwithme.com)

Serves 6-8 people

Traditionally, tapenade is made by pounding olives, anchovies and capers into a paste with olive oil. Straying from tradition, this tapenade starts with finely chopped, not pounded olives and toasted almonds as a base. The olives are then tossed with olive oil that has been infused with lemon zest, garlic and herbs, and a few capers are tossed in for good measure. The uses are endless...serve as an appetizer over goat cheese, make a tapenade vinaigrette to serve with fish or chicken, or spread on a panini.

- 1 cup pitted green olives, such as picholine, manzanilla, or cerignola
- 1 cup pitted black olives, such as kalamata or nicoise
- ½ cup slivered almonds, toasted and finely chopped
- ½ cup extra-virgin olive oil
- 3 cloves garlic, minced
- 1 teaspoon chopped thyme leaves
- 1 teaspoon finely chopped rosemary leaves
- 1 teaspoon finely grated lemon zest
- 2 tablespoons capers, rinsed and dried
- Kosher salt to taste, if needed

### Directions

**Infuse the olive oil:** Put the olive oil, garlic, thyme, rosemary, and lemon zest in a small saucepan or frying pan, and warm the mixture over moderately low heat for about five minutes (the garlic should appear softened, but not golden. If it starts to bubble, turn down the heat and remove the pan from the stovetop for a few seconds). Set the mixture aside until cooled.

**Chop, chop:** Pulse the green olives in a food processor until finely chopped and place in a medium bowl. Pulse the black olives in the food processor and add to the bowl.

**Mix it all together:** Add the capers, almonds and olive oil mixture to the medium bowl, and stir well to combine. Season with kosher salt if needed.

**For more healthy recipes, please visit Your Healthy Kitchen via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

### NUTRITION INFORMATION

#### PER SERVING:

Calories	215
Total Fat	22
Saturated Fat	3
Sodium	370
Carbohydrate	3
Fiber	2
Protein	2
Potassium	80

Also a good source of Vitamin E and beneficial phytochemicals

Cost per serving: \$ .95