

Olive and Sun-dried Tomato Tapenade

4 oz. each green and black Apollo olives, pitted (about 1 cup each)
4 cloves garlic, peeled
¼ c. Apollo extra virgin olive oil
2 oz. jarred sun-dried tomatoes
1 T. flat-leaf parsley
freshly ground black pepper

1. In the bowl of a food processor or blender, combine all ingredients and mix until smooth. Add freshly ground black pepper to taste.

Serve with crackers or bread.

Nutrition (per serving for 8 servings): 113 calories; 76% calories from fat; 10.0g total fat; 0.0mg cholesterol; 397.8mg sodium; 253.9mg potassium; 6.2g carbohydrates; 1.8g fiber; 2.7g sugar; 1.3g protein.