



## Olive and Onion Tapenade

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### Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 teaspoons chopped fresh or 1/2 teaspoon dried thyme
- 4 garlic cloves, finely chopped
- 1/4 cup dry white wine
- 2 tablespoons white wine vinegar
- 1 2/3 cups chopped pitted green olives
- 1/3 cup pitted picholine olives (about 15 olives)
- 1/4 teaspoon freshly ground black pepper

### Directions:

- Heat the oil in a saucepan over medium heat. Add onion; cook 8 minutes or until soft, stirring frequently. Stir in thyme and garlic; cook 2 minutes, stirring frequently. Stir in wine and vinegar. Bring to a boil; reduce heat, and cook 8 minutes or until most of liquid evaporates, stirring occasionally.
- Place the onion mixture in a food processor. Add the olives and the black pepper, and process until smooth, scraping down the sides of bowl.

**Yield:** 1 3/4 cup servings (serving is one tablespoon)

**Nutritional Information:** Calories 19 (81% from fat); Fat 1.7g (sat 0.1g, mono 0.8g, poly 0.2g); Iron 0.1mg; Cholesterol 0.0mg; Calcium 7mg; Carbohydrate 1.1g; Sodium 101mg; Protein 0.2g; Fiber 0.2g

Recipe Source: *Cooking Light*, SEPTEMBER 2001

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.