



Tapenade *From the kitchen of Mari McShane.*

An incredible Tapenade to be savored again and again!

Ingredients:

6 oz can	Black or Green Olives, Pitted, Organic, Drained Well and Rinsed
2 tbsp	Capers, Rinsed
6	Anchovies
4 cloves	Garlic, Organic, Crushed
½ cup	Olive Oil
1 tbsp	Lemon Juice
1 tsp	Thyme, Dried
1 tbsp	Parsley, Organic, Chopped (or Dried)
½ tsp	Crushed Red Pepper

PREPARATION:

Use food processor on lowest speed to “rough-chop” olives, capers, anchovies, and garlic. (Can use mortar and pestle to pound together in lieu of food processor.)

Note: Oil from anchovies can be reserved as part of the ½ cup of olive oil required in the next step.

Add olive oil, lemon juice, thyme, and parsley. Mix well by hand or lightly mix in food processor on lowest speed only for a couple seconds.

NOTE: Tapenade can be made ahead and refrigerated for several days.

Serve as dip or spread with bread, crackers, vegetables, etc.

Bon Appetit!

In addition to being an excellent cook, Mari McShane, BA, BS, QBS is a certified Pain Management, Stress Management and Quantum Biofeedback Specialist. Visit Mari's website at www.marimcshane.com

SHOPPING LIST OF PERISHABLES OR SPECIAL STUFF

1. Garlic (enough for 4 cloveS)
2. Parsley, Organic, Chopped
3. (enough for 1 tbsp Celery

CHECK STAPLES:

1. Anchovies (enough for 6)
2. Black or Green Olives, Pitted (enough for 6 oz can)
3. Capers (enough for 2 tbsp)
4. Crushed Red Pepper (enough for ½ tsp)
5. Lemon Juice (enough lemons for 1 tbsp of juice)
6. Olive Oil (enough for ½ c)
7. Thyme (enough for 1 tsp)