



## Olive Tapenade

**SERVINGS: 2**

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### INGREDIENTS

375 ml (1.5 cups) black,  
pitted olives  
60 ml (¼ cup) extra  
virgin olive oil  
5 ml (1 tsp) anchovy  
paste  
45 ml (3 Tbsp) capers  
30 ml (2 Tbsp) fresh  
parsley  
3 cloves garlic  
45 ml (3 Tbsp) lemon  
salt/pepper

### DIRECTIONS

1. Add all ingredients to a blender.
2. Set blender to a low speed to maintain the texture of the olives (if you blend too fast/too much it will lose its pleasant texture).

\* Excellent with or without the anchovy.

### NOTE

This recipe was provided by a member of Arthritis Research Canada's Arthritis Patient Advisory Board and is based on personal experience. It should not be interpreted as dietary or medical advice.