



*Simple,
Seasonal,
Sustainable*

Recipe of the Week ***Roasted Red Pepper and Artichoke Tapenade***

Ingredients:

- 12 oz. roasted red bell peppers (rinsed, drained if bottled)
- 7 oz. canned, quartered artichoke hearts (rinsed, drained)
- 2 oz. sliced button mushrooms
- 3 Tbsp. chopped fresh basil OR 1 Tbsp. dried basil
- 2-3 Tbsp. fresh lemon juice or cider vinegar
- 2 Tbsp. chopped red onion
- 2 medium garlic cloves (halved)
- 2 Tbsp. extra virgin olive oil
- ¼ tsp. salt

Directions:

1. In a food processor or blender, pulse the bell peppers, artichokes, mushrooms, basil, lemon juice, onion and garlic until coarse
2. Pour the mixture into medium bowl
3. Stir in the oil and salt
4. Serve on unsalted melba toast rounds, or a low sodium whole-grain cracker

Serves 14

*30 calories, 2g fat, 0.5 g saturated fat,
3 g carbohydrate, 0 g fiber, 0 g protein,
110 mg sodium*

Source: American Heart Association

