

Cooking for Wellness

Sponsored by:



Artichoke Tapenade with Crostini Ingredients

1 small baguette

1/2 tbsp plus 1 tsp of extra virgin olive oil

4-5 artichoke hearts packed in water, drained

7 ripe pitted green olives, rinsed and drained

1 clove garlic

1 tsp capers

1/2 tsp fresh lemon juice



Directions

- 1. Preheat oven to 375 degrees
- 2. Cut baguette into 12 1/4 -inch slices and place on a baking sheet. Brush with 1/2 tbsp olive oil and bake 10-15 minutes, until golden brown. Remove and cool.
- 3. Dice artichoke hearts into 1/4 inch pieces and set aside.
- 4. Place olives, garlic, parsley, caper and remaining 1 tsp olive oil in a small food processor, process until well combined. Transfer to a small bowl. Add diced artichokes and mix well.
- 5. Add lemon juice, plus pepper to taste. Cover and refrigerate until 1 hour before serving.
- 6. Bring tapenade to room temperature. Mound 1 tsp onto each crostini. Garnish with parsley and serve.