

The Pampered Chef®

Artichoke & Sun-Dried Tomato Tapenade

Recipe

125 g marinated artichokes in oil (drained weight), drained
6 sun-dried tomatoes packed in oil (about 50 g drained weight), drained
1 small clove garlic, pressed
1 tablespoon toasted pine nuts
1 tablespoon snipped fresh parsley
1/8 teaspoon salt
Assorted crackers, French bread slices or breadsticks, to serve

- 1 Drain artichokes and sun-dried tomatoes using **Strainer**. Place artichokes and tomatoes separately on **Cutting Board**; finely chop each separately using **Food Chopper**. Transfer to **Small Batter Bowl**; set aside.
- 2 Place garlic pressed with **Garlic Press**, pine nuts, parsley and salt on cutting board; finely chop together using Food Chopper. Add to mixture in batter bowl; mix together using **Small Mix 'N Scraper®** until well combined.
- 3 Spoon mixture into a **Simple Additions® Small Bowl**. Serve with assorted crackers, French bread slices or breadsticks.

Yield: Serves 12

Per serving: Energy 88 kJ/21 kcal; Protein 0.5 g; Carbohydrate 0.5 g; Fat 1.9 g; Saturated Fat 0.1 g; Fibre 0.2 g; Salt 0.1 g

© null The Pampered Chef used under license.

*Louise Dawkins – Consultant 016878
147 Sherwell Valley Road, Torquay, TQ2 6EW
Home 01803 404499 / Mobile 07730507262
Email louise.dawkins@abily.co.uk*