

Roasted Red Pepper Tapenade

Ingredients

4 cloves garlic, peeled

1 teaspoon olive oil

460g roasted red peppers (1 jar), drained

½ cup fresh flat leaf parsley

10 kalamata olives, pitted

2 tablespoons capers, drained

Method

1. Add ingredients to a food processor or blender and pulse until it becomes a paste.
2. This can be stored in an air tight jar for up to one month.

Serving suggestions

Spread on low protein toast /crackers

Spread on portobello mushrooms and grill for 5-7mins

Use as a dip with chopped vegetable sticks such as carrot, celery and peppers.