

## **White Bean + Olive Tapenade**

I do love an appetizer. When people gather, cocktail hour is how we start and appetizers are essential. Dips are always good to have on hand, but I like a non-dip option too. A nicely arranged plate of bruschetta or crostini looks lovely and elevates the experience. Here's a delicious one: a bright and zesty mixture of white beans, Kalamata olives, herbs, garlic and lemon served on top of toasted whole wheat bread. Make a plate of these the next time you have guests, or just mix up a batch and have it on hand for yourself. This is also a great lunch idea: stuff this mixture into a whole-wheat pita pocket with fresh spinach, or spoon it on top of a salad.

**Serving size:** 8 to 10 generous servings

**Total time:** 20 minutes

### **Ingredients**

1 can great northern beans, drained and rinsed (about 1.5 cups)

1/2 cup pitted Kalamata olives (chop first then measure)

1/3 cup fresh parsley (finely chop first then measure)

1/3 cup basil (finely chop first then measure)

1 garlic clove, minced

1 lemon, juiced

1 tablespoon white wine vinegar

fresh black pepper to taste

A dash of kosher salt (not much, the olives are salty)

1 whole wheat baguette or whole wheat country bread

Olive oil for brushing on bread

### **Directions**

Preheat oven to 300

Mix the beans, olives, parsley, basil, garlic, lemon juice, vinegar, salt and pepper in a bowl. Let sit for 15 minutes (or longer) for the flavors to combine.

Slice the baguette into discs, about an inch thick. Brush with olive oil.

Place the bread slices on a cookie sheet and toast for about 15 minutes.

Remove from oven.

Spoon the tapenade onto the toasted slices and serve.

### **Pro tips:**

- Hold the baguette slices over the tapenade bowl and spoon it on that way – because lots will fall off as you arrange your slices and this way it's less mess.
- Buy your Kalamata olives from the salad bar or olive bar in your grocery store. That way, you can buy just as much as you need, it's easy to find pitted ones, and usually they're marinated in oil and spices, which is extra good in this recipe.