**Olive Tapenade Recipe: A Mediterranean Diet Staple**

### Ingredients:

* 1½–2 cups pitted black and green olives
* ¼–½ cup sun-dried tomatoes
* ½ cup capers, drained
* ½ teaspoon Himalayan pink salt
* ½ teaspoon pepper
* ½ teaspoon garlic
* ½ teaspoon onion powder
* 1½ teaspoons oregano
* ½ cup fresh basil leaves
* ½ cup fresh parsley leaves
* 2 tablespoons olive oil or avocado oil

### Directions:

1. Add everything to a food processor and blend on high until well-combined.
2. Put on top of gluten-free crackers or toasted bread.

Appetizers and starters are often more difficult to plan than main meals. After all, you want the entree to be tasty, but not ruin any appetites; complement, but not take over the flavors of the main and if you’re only serving appetizers, like when you’re having a party, you want the appetizer to be substantive enough and hold its own.

Luckily, one easy recipe covers all those bases: olive tapenade.