**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.