



Lentil tapenade

Recipe from Trevor Heldt

Ingredients

- 1 cup lentils
- 2.5 cups chicken stock
- 2 T chopped garlic
- 2 T sun dried tomatoes, sliced
- 1 T olive oil
- 3 T capers, drained
- 3 T kalamata olive, pitted and sliced
- 2 T lemon juice
- 1/2 cup Italian parsley, chopped

Method

1. Combine the lentils, stock, garlic and tomatoes in a saucepan and simmer over medium heat until the lentils are cooked, about 35 minutes. Cool the mixture.
2. Place lentil mixture in a processor and process for 30 seconds.
3. Add the oil, capers, lemon juice, salt and pepper and process until smooth. Add parsley and process again for a few seconds.