

Olive Sauce



Makes: 2 cups of sauce

Ingredients:

- 20 Kalamata olives, rinsed and pitted
- 2 shallots
- 2 cloves garlic, minced
- 1 red chili pepper, seeded and minced
- 3 tbsp fresh parsley, chopped
- 1 tsp balsamic vinegar
- ¼ tsp dried thyme
- 1/3 tsp dried oregano
- ½ cup extra virgin olive oil

Procedure:

- Combine all the ingredients in a food processor, and blend.

Per tbsp:

- Calories: 34
- Protein: 0 gm
- Carbohydrates: 0 gm
- Fat: 4 gm

This tasty sauce can be used with pasta dishes.