

Warm Caper Tomato Tapanade

The Mediterranean flavours of this warm tapanade will brighten all kinds of white fish as well as chicken! It can also be used as a spread on crackers, crusty bread or crudités as an appetizer.

Ingredients:

1 Tbsp extra virgin olive oil

1 Tbsp shallot, minced

1 c. cherry tomatoes, halved (or 2 plum tomatoes finely chopped)

¼ c. cured olives, de-pitted and chopped

1 Tbsp. capers, rinsed and chopped

1 and ½ tsp chopped fresh oregano

1 tsp Balsamic vinegar

Heat oil in small skillet over medium heat. Add shallot and cook, stirring, until starts to soften, approximately 20 seconds. Add tomatoes and cook, stirring, for about 1 and ½ minutes. Add olives and capers, cook, stirring for approximately 30 seconds. Stir in oregano and vinegar and remove from heat. Spoon warm tapanade over the fish or chicken or place into small serving dish to be used as a spread for crackers, crusty bread or crudite as an hors d'oeuvres.