

Tomatoes Tapenade

What's Cooking II

North American Institute of Modern Cuisine

Servings: 24

24 cherry tomatoes
1/4 cup black olives
1 anchovy fillet
1 clove garlic, finely chopped
1 teaspoon olive oil
2 teaspoons parsley, chopped
1/4 teaspoon onion salt
dash Worcestershire sauce
fresh ground pepper

Cut a 1/4-inch slice off the top of each tomato, reserving the caps. With a small spoon or knife, scoop out enough tomato pulp to allow stuffing. Set aside.

Finally chop the olives, anchovy and garlic. Mix well, Fold in the remaining ingredients.

Fill each tomato with one teaspoon of olive stuffing. Top with the reserved caps. Serve.

Variation: Use pimiento-stuffed olives. Add one tablespoon grated parmesan cheese to the stuffing.

Per Serving (excluding unknown items): 7 Calories; trace Fat (44.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 37mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	7	Vitamin B6 (mg):	trace
% Calories from Fat:	44.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	45.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	trace	% Refuse:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	37mg	Vegetable:	0

Potassium (mg): 40mg
Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 117IU
Vitamin A (r.e.): 11 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 7 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	0%
Cholesterol	trace	0%
Sodium	37mg	2%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A	2%
Vitamin C	6%
Calcium	0%
Iron	1%

** Percent Daily Values are based on a 2000 calorie diet.*