

Mediterranean Olive Sauce

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*1 cup pitted olives
1/4 cup olive oil
2 tablespoons lemon juice
1 teaspoon Dijon mustard
1/4 cup fresh parsley leaves
2 cloves garlic
1/4 teaspoon red pepper flakes*

In a blender, puree the olives, olive oil, lemon juice, mustard, parsley, garlic and red pepper flakes until nearly smooth.

Per Serving (excluding unknown items): 498 Calories; 54g Fat (95.5% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 11 Fat; 0 Other Carbohydrates.