



# The Wholeness Chef

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## **Fig and Walnut Tapenade**

*This is a very elegant dish to bring to parties and it tastes excellent! The original recipe came from my sister, Chef Vanessa Alexander, and I remember when she brought it to one of our holiday parties several years ago. It was unbelievable how delicious it was, so I'm here to share that recipe with you!*

– Dr. Mary Rondeau | The Wholeness Chef (original recipe from Chef Vanessa Alexander)

### **Ingredients:**

1 cup chopped, stemmed Dried Figs (Turkish or Calimyma)  
1 cup Walnut Pieces  
1/2 cup roughly chopped Kalamata Olives (drained)  
1 Tbsp Balsamic Vinegar (good quality)  
1 Tbsp Organic Extra Virgin Olive Oil  
1 Tsp chopped Thyme  
Salt and Pepper to taste

### **Directions:**

1. Add walnut pieces to a dry skillet and toast over medium heat until lightly browned and fragrant. Set aside.
2. Add chopped figs into a bowl and cover with boiling water for 5 minutes to help soften the figs. Set aside.
3. Add walnut pieces, chopped figs, chopped olives, balsamic vinegar, olive oil, thyme and salt and pepper into a food processor.
4. Pulse food processor just until combined and some of the larger pieces are broken down. Be careful to not over-process as tapenade can easily turn into a paste.
5. Can serve warm or cool. Use within 4 days. Serve with crusty bread or crackers.