



Thyme for Olive Tapenade

By Erin Fletter

Prep Time 15 / **Cook Time** 11 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

Equipment

- ☐ Skillet
- ☐ Cutting board + kid-safe knife
- ☐ Wooden spoon
- ☐ Blender (or medium mixing bowl + immersion blender)
- ☐ Grater
- ☐ Measuring spoons
- ☐ Dry measuring cups

Ingredients

Thyme for Olive Tapenade

- ☐ 3 T olive oil, divided
- ☐ 2 to 4 green onions

- ☐ 1 small jar pitted Kalamata or black olives, drained
- ☐ 1 sprig fresh thyme (for 1/2 T chopped)
- ☐ 1/4 tsp salt
- ☐ 1 big pinch ground black pepper
- ☐ 2 tsp honey
- ☐ 1/4 C (1 to 2 oz) cream cheese OR Jack, cheddar, havarti, or provolone cheese ******(for DAIRY ALLERGY sub canned white beans)**
- ☐ 1 T nutritional yeast

Food Allergen Substitutions

Thyme for Olive Tapenade

Dairy: Substitute canned white beans for cheese.

Instructions

Thyme for Olive Tapenade

intro

"Bonjour" (BOHN-zhoor) or "Hello" in French! Tapenade (TAH-peh-nahd) is an olive spread from Provence, France. It often includes capers and anchovies, but our version adds green onions and cheese to the olives instead.

drain + chop

Drain **1 small jar of pitted olives**. Have your kids chop the olives and **2 green onions** into tiny bits.

cook + brown

Heat **1 tablespoon of olive oil** in a skillet on your stovetop over medium high heat. Add the green onions and cook, stirring, until starting to lightly brown, about 30 seconds.

add + cook

Add the chopped olives and cook, stirring frequently, until their liquid has almost evaporated, 4 to 5 minutes.

chop

While you are cooking, have your kids strip the leaves from or chop **1 sprig of fresh thyme** to equal 1/2

tablespoon.

cook + stir

Add the thyme, **1/4 teaspoon salt**, and **1 big pinch of black pepper** and cook, stirring, for 2 more minutes.

add + cook

Add **2 teaspoons honey** and **1 tablespoon olive oil**, scraping up any browned bits, and cook until the liquid evaporates, 2 to 3 more minutes. Carefully transfer the olive mixture to a blender or a medium mixing bowl (if using an immersion blender).

grate

If using a hard cheese instead of cream cheese, grate **1 to 2 ounces of cheese** to equal 1/4 cup.

measure + add

Have your kids add the remaining **1 tablespoon olive oil**, **1/4 cup cheese**, and **1 tablespoon nutritional yeast** to the blender or bowl.

blend + count

Kids can blend the olive mixture while they count to 5 in French: 1 un (uhn), 2 deux (deuh), 3 trois (twah), 4 quatre (KAH-truh), 5 cinq (sank).

cool + serve

Let the tapenade cool down before serving with bread or crackers, like our **Kid-Made Crunchy Crackers**.

"Bon appétit" or "Enjoy your food" in French!

Featured Ingredient: Olives!

Hi! I'm Olive!

"Did you know olives are fruit? We're called drupes (sounds like droops) or stone fruit, because we have a pit inside, just like apricots, cherries, peaches, and plums. You can't eat us right off the olive tree, though. We have to be cured first so we're soft and not bitter. Try us by ourselves or in a salad, a taco, or on pizza!"

Olives are one of the most essential foods to the people of Greece, and they always have been. In ancient Grecian times, wheat, olive oil, and wine were the three most widely consumed foods, forming the basis of Greek people's diets.

Greeks believed that the goddess Athena gave the first olive tree to Athens before it eventually spread to the rest of Greece. Olives were used in many recipes. Olives were also crushed, and their oil was used for

lamps. Olive oil was also used as a beauty product. Women rubbed olive oil into their skin to make it soft and shiny, and it was added to charcoal and other natural colors to make eyeshadow and eyeliner.

Olives grow on trees! An olive tree can live anywhere from 300 to 600 years.

The oldest olive tree is located in Crete. It is 2,000 to 4,000 years old and is still producing olives!

The olive tree branch has become a symbol of peace, and two olive branches are pictured on the United Nations flag.

Olives are not edible straight from the tree. They're too bitter. They must be cured first, which is how we buy them from stores. Cured means treated with a substance to preserve and change the taste and texture. Curing can cause green olives to become black from oxidation.

What color are olives? They can be many colors: black, green, purple, brown, and even pink!

There are many different varieties and sizes of olives. The largest olive is called the Donkey Olive. The smallest olive is called the Bullet Olive. Two of the most famous olives are the Kalamata from Greece and the Manzanilla from Spain.

About 90 percent of olives are pressed to make olive oil, and 10 percent become table olives.

Olives have lots of healthy fat in them, and these fats are fantastic for your heart and brain! They also contain 25 percent of our daily value of vitamin E.