

Marinated Mediterranean Olives & Vegetables

In the markets all around the Mediterranean, vendors turn their own unique combination of olives, peppers, pickles, artichoke hearts, vinegar, and herbs into an appetizer dish—and often let you try their concoctions before you buy some. Use this recipe as a base from which to concoct your own favorite combination. You don't have to use all of the vegetables I list below, but I recommend using at least four of the six for a variety of tastes and textures. If you prefer your olives pitted, then pit them just before mixing up this appetizer. I find that that pre-pitted olives are usually mushy and lack delicate flavors.

Makes: 2 ½ cups

Ingredients:

½ cup un-pitted kalamata olives, drained
½ cup un-pitted green olives, drained
12 pepperoncini peppers in vinegar, drained
1/3 cup extra small dill pickles, drained
1/3 cup baby white onions in vinegar, drained
1/3 cup quartered Artichoke hearts, drained

Dressing:

1 tablespoon extra-virgin olive oil
1 tablespoon sherry or red wine vinegar
Zest and juice of ½ organic lemon
¼ teaspoon dried oregano
¼ teaspoon fresh rosemary leaves, finely chopped
1 teaspoon honey

Directions:

In a small bowl, whisk dressing ingredients together. Combine olives, peppers, pickles, onions, and artichoke hearts in a bowl and toss with dressing. Keep refrigerated until serving, and serve with tooth picks.

Enjoy!

Steven Masley, MD