

Sun-Dried Tomato Spread

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 45 minutes

Serves: 6

CChints: When you drain the sun-dried tomatoes, do it over a bowl that will catch all those yummy oils. You only need to reserve 1 tablespoon of oil for this recipe but you can pour the remainder of the oil back into the jar and refrigerate

it for another use. You also need some chicken broth for this recipe and if you are opening a 14 ounce can, you can put the remaining broth in an airtight container and refrigerate for another recipe or use in place of water when cooking rice. This spread is good on anything from Crostini, thin sliced toasted bread, to Won Ton Crisps. See this website for the Won Ton Crisps recipe under Appetizers.



Spread / Jam:

8 ounce jar sun-dried tomatoes packed in oil,
drained, chopped and reserve 1 Tablespoon oil
1 tablespoon olive oil
1/2 medium onion, cut into 3 pieces and sliced thin
1 glove minced garlic, fresh or from a jar
2 tablespoons sugar or Splenda®
1/4 cup red wine vinegar
1/2 cup water
3/4 cup low sodium chicken broth
1 teaspoon fresh thyme, chopped or 1/4 teaspoon dry
1 teaspoon fresh oregano, chopped or 1/4 teaspoon dry
6 kalamata olives, seeded and diced
Dash of salt and pepper

Crostini:

1 baguette, cut into 1/2 inch slices
1/4 cup extra-virgin olive oil
Dash of salt and pepper
5 ounces feta or goat cheese
2 teaspoons fresh thyme leaves
1/4 teaspoon garlic salt

Add the tomatoes, 1 tablespoon sun-dried tomato oil through garlic to a medium non-stick sauce pan. Turn to heat to medium and stir this mixture occasionally for about 10 minutes until the onions soften and begin to brown.

Stir in the sugar through herbs and raise the heat slightly to bring the mixture to a boil. Cover and reduce the heat to a low simmer for 30 minutes. During this time you can prepare the crostini pieces starting by preheating the oven to 400 degrees.

Line a baking sheet with a silicone mat or foil. Cut the baguette and lay the slices on the baking sheet. Use a pastry brush to brush the olive oil on each piece of bread. Sprinkle with salt and pepper. They should bake in 8 minutes so you want to time it so that the spread is finished just before the bread is toasted. So, put the bread on hold until the 30 minutes of simmering has finished.

After the 30 minutes, remove the cover, stir in the olives and continue to simmer for about 8 minutes until most of the liquids are gone and the mixture is more like a jam in texture. It's also time to put the bread in the oven and bake for 8 minutes or until lightly toasted. Remove the spread from the heat and put into a serving bowl.

Stir the garlic salt into the cheese and put it in a small serving bowl. When the toast comes out of the oven, top each with a small dollop of cheese and sprinkle with thyme leaves. Transfer the crostini to a serving platter and serve with the spread. Enjoy!