

12 Great Ways to Use...

Olives

When you adopt the Mediterranean Diet, olives become an important ingredient to use daily in many different ways – on their own as snacks and appetizers, or as important components in dips, sauces, salads, whole grain and pasta dishes, stews, and even baked goods. They're an excellent source of heart-healthy monounsaturated fats, important fatty acids, natural antioxidants, and iron. There are many different kinds of olives, with varying flavors and colors. Sample them all to find your favorites. Here are a dozen ways to add them to meals:

- 1.** Combine olives with salted or smoked almonds, toss with a little olive oil, and serve at room temperature as an hors d'oeuvre.
- 2.** Think of olives as partners for other fruits: pair with strawberries or melon chunks, chill, and serve dusted with black pepper as an appetizer or a dessert.
- 3.** Wake up a green salad by adding olives, sliced grapefruit or oranges, and avocado.
- 4.** Stir chopped olives into hot rice or whole grain dishes. If you're making a pilaf, include them along with currants and chopped nuts.
- 5.** Add diced olives to salad dressings along with herbs and garlic.
- 6.** Top hot pasta with diced or sliced olives, drained capers, olive oil, and Parmesan cheese.
- 7.** Drizzle a baked potato with olive oil, add some chopped olives, and season with salt and pepper.
- 8.** Add sliced olives to ratatouille or stew.
- 9.** Dice a few olives and blend with Greek yogurt, Dijon mustard, and cooked egg yolks to make a deliciously different filling for deviled eggs.
- 10.** Thread olives on skewers along with bell pepper chunks and mushrooms, and grill until sizzling.
- 11.** Add sliced olives to scrambled eggs, omelets, and quiche, along with red or green peppers.
- 12.** Stir chopped olives into tuna, chicken, or seafood salad.



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