

Think Olive Oil: Fifteen Minutes To A Fabulous Gourmet Meal

(NAPSA)—If you want to whip up a meal in just 15 minutes that will impress family and friends, mix up a salad of fava beans and ham, says Paulette Mitchell, author of “The 15-Minute Gourmet.”

Beans and ham are a classic combination in Spain. The addition of Manchego cheese, which is made from sheep’s milk, adds a slightly nutty flavor. Or try Mahon, a Spanish cow’s-milk cheese with a buttery taste. Rather than Spanish ham, this recipe calls for prosciutto, the more readily available Italian version of air-cured ham.

According to Mitchell, the secret to making this dish is the addition of a really flavorful, delicious olive oil such as Iliada Kalamata Extra Virgin Olive Oil. Produced in the Kalamata region of Greece, this olive oil enhances food’s flavor with its superior quality, rich aroma, color and taste. For extra flavor, you may also want to add some Iliada Kalamata Olives.

Olive oil is a healthy and delicious ingredient that enhances any meal, a great basic ingredient for healthy and nutritious meals. Extra virgin is the best kind of olive oil because it is the least processed, as the oil is derived from the first cold pressing of the olives, giving it the most flavor. Ideal for salad dressing, grilled fish, white meat, raw sauces, pasta and vegetables, it has many health benefits. It helps protect against heart disease, contains antioxidants and vitamin E and is rich in monounsaturated fats.

Fava Bean Salad With Prosciutto and Manchego *Makes 4 servings*

This sturdy main-dish salad is a good match for the peppery flavor of arugula.



The secret to this flavorful Fava Bean Salad is the addition of delicious extra virgin olive oil.

Photo: Nancy Bundt

For the dressing:

- 3 tablespoons Iliada Kalamata Extra Virgin Olive Oil**
- 1 teaspoon lemon zest**
- 2 tablespoons fresh lemon juice**
- 2 tablespoons finely chopped fresh flat-leaf parsley**
- ½ teaspoon minced garlic**
- Salt and pepper to taste**

For the salad:

- 1 (19-ounce) can fava beans, drained and rinsed**
- ½ red bell pepper, finely chopped**
- 2 tablespoons finely chopped red onion**
- 2 cups arugula leaves**
- 4 very thin slices (2 ounces) prosciutto**

8 very thin slices Manchego cheese

Whisk together the dressing ingredients in a medium bowl. Stir in the beans, bell pepper, and onion.

To assemble each salad, arrange a layer of arugula leaves on a plate. Add a mound of the bean mixture. Top with 1 slice of prosciutto and 2 shaved slices of cheese.

Tip: Olive oil should be stored in a cool, dark place for up to one year.

For more information about Iliada Kalamata Olive Oil and Kalamata olives, visit www.agrovim.gr.

Look for these products at stores such as Whole Foods and Treasure Island.