

Cooking Corner

Spanish Green Olives Can Add Kick To Any Menu

(NAPS)—Olives, whether green or black, are a great way to liven up almost any recipe and can make most any dish even more delicious.

In addition, they are an excellent source of monounsaturated fat—essential for the body and regarded by many nutritionists as “good” fat—and low in calories.

For example, Lindsay Stuffed Manzanilla Olives are packed with zesty flavor and have just five calories each. These Spanish green olives can add a kick to recipes or can make a great snack right out of the jar.

Deviled eggs, a traditional favorite, can be transformed from ordinary to extraordinary with Spanish green olives. Simple to prepare, and bursting with taste, Dandy Deviled Eggs can be a tasty treat for any occasion.

Dandy Deviled Eggs

Preparation time: 15 minutes

Cooking time: 11 minutes

6 large eggs
1/3 cup chopped drained Lindsay® Stuffed Manzanilla Olives
2 tablespoons light mayonnaise
1 tablespoon Dijon mustard
1/4 teaspoon hot pepper sauce
Paprika (optional)

Cook eggs in barely simmering water to cover until hard boiled, about 11 minutes. Drain; let stand in a pan of cold water until no longer warm. (Eggs may be prepared and refrigerated up to two days before serving.)

Peel eggs; cut in half length-



Dandy Deviled Eggs made with delicious Spanish olives can add flavor and flair to most any occasion.

wise. Carefully remove the yolks, keeping whites intact. Crumble yolks into a bowl; add olives, mayonnaise, mustard and pepper sauce; mix well. Spoon mixture into egg whites. Arrange on a serving platter; sprinkle with paprika if desired. Makes 12 servings.

***Tip:* Leftover deviled eggs may be chopped in a food processor and served as a sandwich filling.**

Looking for additional ways to incorporate olives into recipes? Here are a few suggestions using Lindsay Black Ripe Olives:

- Mix halved olives into your favorite spaghetti sauce and serve over broiled or pan fried ready-made polenta.

- Stuff an olive into each meatball before cooking for an exciting variation of spaghetti and meatballs. Your guests may be pleasantly surprised.

- Marinate grilled black olives in a favorite vinaigrette (blended with half tsp. of red pepper flakes) and serve with grilled meat.