

NUTRITION NEWS

Good Health And Good Taste With “Good” Fat

(NAPSA)—Let’s chew the fat about fat. New obesity studies and reports are finding that low fat diets are not necessarily the best option for weight loss and overall health. In fact, more and more experts believe that a moderate amount of fat—specifically, monounsaturated fat—should be a regular part of a healthy food regimen.

In addition to dietary benefits, the fat in foods makes them taste better. A prime example is the California Black Ripe Olive. Olives are low in calories (six calories in one large olive) and full of healthy monounsaturated fats.

California Black Ripe Olives may help put a smile on your face in more ways than one. New studies show that the rise in depression in this country may be partially attributed to too little “good” fat in our diets. This makes sense when you realize that our brains are sixty percent fat. But this new information doesn’t mean you have the green light to go whole hog. Instead, look for ways to add flavorful and healthy fats to your meals, like those found in olives, certain fish, flaxseed and nuts.

Meanwhile, California Black Ripe Olives are an especially healthy option, as the fruit is grown under strict environmental standards, with pure water and the state’s stock-in-trade: sunshine.

An excellent way to get started is with this delectable tartine, which features a delightful duo of salmon and olives. It can be whipped up in minutes and will leave everyone smiling.

Smoked Salmon, Olive and Herb Tartines

- 1 (8 ounce) French bread baguette
- 6 ounces cream cheese, softened
- 1½ tablespoons lemon juice
- 1½ cups sliced California Black Ripe Olives



This delectable salmon and ripe olive tartine will have your guests smiling.

- 3 tablespoons minced chives
- 2 tablespoons minced tarragon
- 2 cups mixed baby lettuce
- 8 ounces sliced smoked salmon
- 2 shallots, minced
- 1 tablespoon lemon zest

1. Slice baguette in half and toast in a 400°F oven for 5 minutes until golden. Cut each half into 4 equal-sized pieces and set aside.

2. Using the paddle attachment, beat cream cheese and lemon juice in the bowl of an electric mixer for 3-4 minutes, scraping down the sides periodically, until aerated.

3. Fold 1¼ cups of California Black Ripe Olives, chives and tarragon into cream cheese mixture.

4. Assemble tartines by spreading ⅓ cup of olive cream cheese onto each baguette piece. Top with ¼ cup lettuce and 1 ounce of smoked salmon and garnish with shallots, remaining California Black Ripe Olives and lemon zest. Serve two slices per person.

Serves 4

For more recipes or information, visit www.CalOlive.org.