

A Food for All Seasons—California Black Ripe Olives

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(NAPSA)—Eating a variety of delicious fruits and vegetables every day, as part of a healthy diet, is the best way to enjoy all of the disease-fighting benefits they provide. The 5 A Day Color Way Plan groups fruits and vegetables into 5 color groups—blue/purple, green, white, yellow/orange and red.

Since all fruits and vegetables have a unique combination of vitamins, minerals, fiber, and phytochemicals to offer, eating one to two servings from each color group every day provides the widest health benefit possible. Eating a



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variety both between and within color groups is key. California Black Ripe Olives are a great food to keep stocked in the pantry to add to a variety of dishes; they are readily

available year round, and come whole, pitted, sliced, chopped or wedged. A member of the blue/purple group, California Black Ripe Olives have 25 calories (5 medium olives), and like nuts, contain the “good” monounsaturated fat and no trans fats.

Young and old alike love olives. Technicolor Vegetable Sauté is a delicious, easy to prepare, recipe that combines fruit and vegetables from four different color groups into a nutrient-rich, colorful side dish. In addition to vegetable side dishes, olives are tasty additions to eggs, potato pancakes and salads. For your next BBQ, cut up chunks of fruits and vegetables, include whole, pitted California Black Ripe Olives, and lean meats, and let everyone put together his own skewer for grilling.

For more recipes and information about California Black Ripe Olives go to www.calolive.org, and for more information about 5 A Day The Color Way, visit www.5aday.org and www.aboutproduce.com.



Technicolor Vegetable Sauté

- 2/3 cup (1 large) red beets, peeled and 1-inch diced**
- 1 cup baby carrots (2-inch pieces), scrubbed**
- 1 1/3 cups pattypan squash, ends removed, cut into thin wedges**
- 1 1/2 cups green beans, cut into 2 1/2-inch pieces**
- Butter-flavor cooking spray**
- 2 tablespoons orange juice concentrate**
- 1/2 teaspoon dry thyme leaves**
- 1/4 teaspoon garlic powder**
- 1 cup California Black Ripe Olives, pitted**

Steam beets until crisp tender, about 5 minutes; set aside. Steam carrots and squash about 3-4 minutes, add green beans and continue steaming just until crisp tender. Coat large nonstick skillet with cooking spray (approx. 3-4 second spray). Add orange juice concentrate, thyme, garlic powder and olives and heat over medium-high heat. Stir in carrot mixture and heat through; sprinkle with beets and serve. Makes 4 servings. Serving suggestion: Serve with roasted chicken.

Nutritional Analysis Per Serving: calories: 105, total fat: 4.4g, saturated fat: 0.6g, % calories from fat: 35%, % calories from saturated fat: 5%, protein: 2g, carbohydrates: 16g, cholesterol: 0mg, dietary fiber: 5g, sodium: 330mg



Note to Editors: Seventy-ninth in a series of monthly 5-A-Day columns, with more stories featuring fruits and vegetables at www.napsnet.com and search: “Pivonka.”