

GREAT GRILLING IDEAS

Get Grilling...BBQ Season Is Here!

(NAPSA)—A quick way to put zip in any barbecue is with a marinade or rub. Among U.S. adults whose families barbecue during summer months (90 percent of all U.S. adults), nearly 65 percent use a marinade, paste or rub and about one in four (23 percent) expressed interest in trying a new one made with olives, according to a survey commissioned by Lindsay Olives and conducted by Harris Interactive®. The same survey revealed that nearly half (48 percent) of U.S. adults say their families barbecue at least once a week between Memorial Day and Labor Day.

Olives add a nutty taste and a firm, crunchy texture. For a quick, tangy boost to grilled vegetables, chicken, fish, pork or beef, spoon on this zesty vinaigrette while barbecuing or the moment the meal comes off the grill. It's quick to prepare, cholesterol-free, versatile and can be used for up to two weeks, if refrigerated.

Citrus Olive Vinaigrette Drizzle

*Makes about 1 cup
Prep time: 5 minutes*

- ¾ cup canola oil**
- 3 tablespoons fresh lemon juice**
- ¼ cup Lindsay® Spanish Olives Stuffed with Pimiento**
- 1 tablespoon grated lemon zest**
- 1 clove garlic, minced**
- Salt and pepper to taste (optional)**

Place all ingredients in a food processor or blender and process until olives are finely chopped. Use right away or store in the refrigerator for up to 2 weeks.

Another great way to enjoy the flavor and crunch of olives is in this delicious salsa—the perfect accompaniment to perfectly grilled pork chops.



Olive salsa is a delicious complement to grilled pork chops.

Grilled Pork Chops with Squash and Olive Salsa

- 1 tablespoon lime juice**
- 1½ teaspoons ground cumin**
- ½ teaspoon salt**
- 4 (5 to 6 oz.) well-trimmed, center-cut pork chops, cut ¼ inch thick**
- 2 teaspoons olive oil**
- ½ cup diced red onion**
- 1 large (8-oz.) zucchini squash, cut into ½-inch chunks**
- 1 large (8-oz.) yellow summer squash (crookneck), cut into ½-inch chunks**
- ½ cup bottled chunky salsa**
- ½ cup thickly sliced Lindsay® Spanish Olives Stuffed with Pimiento or Lindsay Black Ripe Olives**
- Optional garnish: chopped cilantro and lime wedges**

Prepare grill or preheat broiler. Sprinkle lime juice, cumin and salt over pork chops. Grill over medium-hot coals or broil 4 inches from heat source 5 minutes per side or until chops are barely pink in center.

Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion; cook 2 minutes. Add squash; cook 10 to 12 minutes or until vegetables are tender, stirring occasionally. Add salsa and olives; heat through. Transfer to serving plates; top with pork chops. Garnish with cilantro and lime wedges if desired. Makes 4 servings.

For more delicious olive recipes, check out www.lindsayolives.com.