

Fabulous Food

Because You're A W-O-M-A-N

(NAPSA)—You shuttle the kids to school, do the dishes, help with the homework, handle the company's high-profile accounts, pick up the dry cleaning, hit the supermarket, cook a hot supper and tuck everyone in at night. No, this isn't "Survivor Suburbia"...it's your life. Isn't it time you think about yourself, too?

Women have different nutritional requirements during life's various stages. In adolescence, extra calcium helps healthy bone growth. Childbearing years need iron and folic acid, while seniors need monounsaturated fats and soy foods that keep heart disease and certain cancers at bay.

Fortunately, there are delicious foods for every stage. In fact, if you eat wholesome natural foods rather than overly processed foods, you can justify just about anything. Craving a gooey wedge of Brie? Go ahead, it's great for your bones. Salivating over a juicy steak? Dig into that iron. Ogling another can of California Ripe Olives? Go for it. Just remember, all things in moderation.

Grilled Flank Steak With Avocado And Olive Salsa

- 1 cup finely diced red onion (½ inch)
- ¼ cup red wine vinegar
- 2 Tbsp. olive oil
- 2 Tbsp. chopped tarragon
- 1 Tbsp. chopped thyme
- 1½ tsp. kosher salt
- ½ tsp. ground black pepper
- 1 medium avocado, diced (½ inch)
- 1 cup California Black Ripe Olives, halved
- 1 cup sweet 100 tomatoes, halved
- 1½ lbs. flank steak

In a shallow baking dish, combine red onion, vinegar, oil,



A delicious steak dish is not only good tasting but good for you, rich in iron and protein.

tarragon, thyme, 1 teaspoon of salt, and pepper. Set aside. Spoon ¼ cup of the red onion mixture into a small mixing bowl. Gently toss in avocado, California Black Ripe Olives and tomatoes and set aside. Place flank steak in baking dish with remaining onion mixture and set aside to marinate for 30 minutes. Season flank steak with remaining salt and grill over medium-high heat for 6-8 minutes on each side. Transfer to a clean cutting board and allow to rest for 2-3 minutes, then slice diagonally across the grain into thin strips. Place onto serving plates and top with avocado olive salsa just before serving. Serves 4.

Visit www.calolive.org for more recipes.