

FAT FACTS



Olive Oil

Olive oil is high in monounsaturated fatty acids (MUFAs), which may help reduce one's risk of heart disease. MUFAs lower LDL ("bad") cholesterol and raise HDL ("good") blood cholesterol. Olive oil is often sold as "virgin" or "extra virgin." Extra-virgin olive oil has less acid and a fruitier flavor and stronger aroma than pure or virgin olive oil, so a little goes a long way. Olive oil labeled as "light" is often lighter in hue or flavor, but it's not lighter in calories.

How should you use it?

"Use olive oil in place of saturated fat, such as butter," suggests Academy of Nutrition and Dietetics Spokesperson Angela Ginn, RD, LDN, CDE. "Dip bread [in it], use it in cakes, sauté, even fry vegetables and meat. But beware the smoking point is not very high so frying at high temperatures will cause your food to brown quickly."

Salad on a stick?

This is a fun way to get your grandkids to enjoy salad! We gave the classic Italian salad a brand new look and made it fun for the whole family! We skewered the mouth watering combination of creamy mozzarella, fresh sweet 100 cherry tomatoes, and homegrown basil, drizzled with extra virgin olive oil and a pinch of sea salt. Kids are crazy about this salad and parents know they are getting good sources of vitamins A, C, and calcium. Pair this colorful stick with your favorite grilled entrée and whole grain side dish and you have a well-balanced meal.

Salad on a Stick Ingredients (Per "stick")

¾ oz fresh mozzarella cheese (approximately 3 round cheese balls)

3 basil leaves

3 cherry tomatoes

1 teaspoon extra-virgin olive oil

⅛ teaspoon sea salt (optional)

Assorted Salad Greens

Other raw veggies that you enjoy

Bamboo skewer

Directions

1. Assemble cheese, basil, and tomato, salad greens and other veggies in order, onto skewer, until all ingredients are on stacked beautifully on the skewer.
 2. Drizzle olive oil over assembled skewer, and add a pinch of sea salt if desired.
- Enjoy!



Source:

<http://www.eatright.org/kids/recipe.aspx?id=6442463906&terms=olive%20oil>