

DELIGHTFUL FOOD IDEAS

Create Great Food—Fast

(NAPSA)—You can enjoy delicious, healthful dishes in minutes: The secret is a good imported extra virgin olive oil (EVO). It's nutritious, a trans fat-free food and loaded with flavor.

To make every meal special:

- Toss cooked whole wheat penne, spaghetti or cavatelli with EVO, garlic and parsley to taste. Add steamed mixed vegetables of your choice for a quick and colorful pasta primavera.



Substitute flavorful, nutritious, extra virgin olive oil (EVO) for other cooking oils in marinades, sauces, salad dressings and more.

- Pan sear shrimp or scallops in EVO for about five minutes. Cut red and green peppers into thin strips and toss with a tablespoon of EVO. Microwave peppers briefly until tender. Combine seafood with peppers and serve on top of instant brown rice.

- Make your own signature salad dressing by combining EVO, vinegar or lemon juice with favorite herbs like oregano, chives or ground pepper. The flavor will permeate the salad greens, tomatoes, cucumbers and vegetables.

Learn More

Share your favorite recipes and tips with the Gourmet Factory, makers of Capatriti Extra Virgin Olive Oil, on Facebook at www.facebook.com/gourmetfactoryoliveoil.