

# Olive Facts and Fancies

## Nutritious, Delicious Wine Country Cooking

(NAPSA)—Wine country is known for its beautiful scenery and fresh vibrant flavors. Now this celebration of healthy food and joyful dining can be easily recreated on your table thanks to the guidance of dietician Dr. Connie Guttersen's book, "The Sonoma Diet."

Dr. Guttersen draws on her clinical knowledge and her experience as a nutrition instructor at the world-famous chef college, the Culinary Institute of America, to present recipes and dieting advice that are based on the wine country style of eating. This includes plenty of fresh vegetables, fruits, wine and California Black Ripe Olives, which have healthy monounsaturated fat, no cholesterol and no trans fats. She has been writing about California Black Ripe Olives for years and appreciates their ability to add flavor, color and texture to dishes.

This delicious recipe for Wine Country Chicken Salad is fast, easy and healthy.

### Wine Country Chicken Salad

- 3 Tbsp. low-fat buttermilk
- 1 Tbsp. light sour cream
- 1 Tbsp. light mayonnaise
- 2 Tbsp. chopped chives
- Salt and pepper to taste
- ¾ lb. roasted chicken breast, pulled into 1-inch pieces
- ¾ cup red seedless grapes, halved
- ½ cup chopped celery
- ½ cup sliced California Black Ripe Olives
- 4 cups mixed baby lettuces, washed and torn
- 2 Tbsp. toasted chopped pecans or almonds



**California Black Ripe Olives offer taste, texture, color and healthy monounsaturated fat in this delicious chicken salad.**

#### *Directions:*

**In a large mixing bowl, whisk together buttermilk, sour cream and mayonnaise until smooth. Mix in chives and season to taste with salt and freshly ground black pepper.**

**Toss chicken, grapes, celery and California Black Ripe Olives with dressing until evenly coated. Set aside.**

**Divide baby greens onto four plates. Top with chicken salad mixture. Sprinkle with pecans just before serving. Serves 4.**

*Suggestion:* Serve with whole-grain bread.

Nutritional Analysis Per Serving: Calories 231, Fat 9g, Cholesterol 74mg, Sodium 267mg, Carbohydrate 9g, Protein 28g, Calories from fat 36 percent.

For more information, visit [www.CalOlive.org](http://www.CalOlive.org).