

Cooking Corner Tips To Help You

A Quick-Fix Flavorful Healthy Meal In Minutes

(NAPSA)—Many people prefer to enjoy the health benefits of olive oil in its natural packaging—tasty olives.

Full of healthy monounsaturated fat, California Black Ripe Olives have only six calories in each large olive and are rich in flavor.

Looking for a quick way to include olives in meals? For a fast and festive meal, try Balsamic Glazed Chicken Stir Fry. Family and guests will appreciate the mouthwatering appeal of this quick-fix dish and don't have to know how healthy it is.

The dish has only 230 calories per serving and calories from fat are 33.4 percent.

Balsamic Glazed Chicken Stir Fry

- 1 tablespoon olive oil
- 1 (8 ounce) red bell pepper, cut diagonally into ½-inch pieces
- 2 (4 ounce) zucchini, halved and sliced diagonally ¼-inch thick
- 3 cloves garlic, thinly sliced
- ¾ teaspoon kosher salt
- ½ teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts, sliced ¼-inch thick
- ⅓ cup balsamic vinegar
- ⅓ cup low sodium chicken broth
- 1 cup California Ripe Olives, halved
- ¼ cup chopped basil
- 2 tablespoons toasted pine nuts (optional)



This fast and festive dish can be made in minutes and no one has to know how healthy it is.

Heat 1½ teaspoons olive oil in a large sauté pan or wok over high heat. Add red bell peppers, zucchini and garlic, season with ¼ teaspoon salt and pepper flakes and cook for 3-4 minutes until just tender. Transfer to a clean plate. Set aside.

Pour remaining olive oil in pan and heat over high. Add chicken, season with remaining salt and cook for 1-2 minutes, stirring occasionally until browned. Turn heat down to medium, add balsamic vinegar and chicken broth and cook for 2-4 more minutes until slightly thickened and syrupy.

Return pepper mixture to pan and toss in California Ripe Olives and basil. Garnish with pine nuts before serving, if desired. Serves 4.

Serving suggestion: Serve over white rice.

For more recipes or information, visit www.CalOlive.org.