

# HEALTH & NUTRITION

## Olive Oil: A Subtle Substitute Toward Better Eating And Balanced Nutrition

(NAPSA)—At the 2003 International Conference on the Mediterranean Diet, significant emphasis was placed on the value of fat in the diet. Of course, not all fats are good for us. Nutrition and health science leaders detailed the protective powers of the essential polyunsaturated fatty acids found in fish, seafood, nuts, seeds and broad-leaved greens. When used in combination with the monounsaturated fats in olive oil, these fatty acids provide a diet of balanced fat.

Dietary changes can be made one step at a time, and there's no reason that we can't hold onto the comfort foods we've grown accustomed to eating. It's simply a matter of making smarter choices in the preparation. For example, when homemade bread or rolls are on the menu, make your time-honored recipes and substitute olive oil for butter or other shortening. The change will be subtle, but it's a step in the right direction—toward eating for better health.

If you're looking for a recipe for delicious dinner rolls, here's one that families have enjoyed for generations. There's just a slight change in the original selection of shortening. You guessed it—it's olive oil.

For a recipe brochure of other wholesome breads, call Carol Stevens at RED STAR Yeast, 800-445-4746.



Using olive oil in homemade bread and roll recipes can help balance the fat in your family's diet.

### **Brown and Serve Pan Rolls** *Makes 24 rolls*

**5<sup>3</sup>/<sub>4</sub> to 6<sup>1</sup>/<sub>4</sub> cups all-purpose flour**

**2 packages (4<sup>1</sup>/<sub>2</sub> teaspoons) RED STAR Active Dry Yeast or QUICK•RISE Yeast**

**2 tablespoons sugar  
1<sup>1</sup>/<sub>2</sub> teaspoons salt**

**1<sup>1</sup>/<sub>2</sub> cups water or milk  
¼ cup olive oil**

**In large mixing bowl, combine 2<sup>1</sup>/<sub>2</sub> cups flour, yeast, sugar and salt; mix well. Combine water or milk and oil; heat to 120° to 130°F. Add to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, gradually stir in enough**

remaining flour to make a firm dough. Knead on floured surface until smooth and elastic, 5 to 8 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until dough tests "ripe." You can check the ripeness by gently sticking two fingers in the risen dough up to the second knuckle and take them out. If the indentations remain, the dough is "ripe."

Turn dough onto a lightly floured surface; punch down to remove air bubbles. Divide into 4 parts. Divide each fourth into 6 pieces. Shape each piece into a smooth ball. Place balls into lightly greased cake pans, allowing <sup>1</sup>/<sub>2</sub>-inch space between each ball.

Cover; let rise in warm place until an indentation remains after touching. Bake rolls in a 275°F oven for 50 minutes. Remove from oven; let set 30 minutes in pans. Turn out of pans; cool on a wire rack to room temperature. Place in freezer bags or wrap in aluminum foil and refrigerate (1 week) or freeze (1 month).

To prepare: If frozen, slightly open wrapper and thaw. Pre-heat oven to 450°F. Place rolls on ungreased cookie sheets. Bake 7 minutes until golden brown. Serve warm.