

Healthy Cooking

Olive Oil: Important Part Of Mediterranean Diet



This nutritious dish is bursting with Mediterranean flavors.

(NAPSA)—The Mediterranean diet is not a prescribed eating program. Rather, it is a set of eating habits that has been linked to reducing heart disease, cancer and mortality rates.

Also, there is a general consensus among health professionals that the Mediterranean diet is healthier than the North European and American diets because of the higher consumption of grains, fruits, vegetables, legumes, nuts and olive oil. Olive oil, rich in monounsaturated fats, doesn't raise blood cholesterol and is a good source of antioxidants. Using an oil such as Iliada Kalamata Extra Virgin Olive Oil, produced in the Kalamata region of Greece, can add a boost of flavor and health benefits to your meals.

Try this quick, one-dish meal full of distinctive Mediterranean flavors:

Garlic Stuffed Olive & Tomato Bruschetta with Arugula

Serves 6

1 loaf fresh Ciabatta bread
**¼ cup Iliada Kalamata Extra
Virgin Olive Oil**

**2 cups chopped and de-
seeded vine-ripe tomatoes**
**½ jar Iliada garlic-stuffed
green olives, chopped
roughly**
**Sea salt and freshly
ground black pepper to
taste**
**1 bag washed baby arugula
leaves**
**A few leaves of fresh basil,
ripped**

**Preheat oven to 350° F. Slice
bread into 2-inch-thick pieces.
Brush with oil. Place on bak-
ing tray; bake until slightly
brown around edges, about 8
minutes.**

**Mix tomatoes, olives, salt
and pepper. Toss in arugula
just before serving to avoid
getting soggy.**

**Top warm bread slices with
tomato mixture. Garnish with
basil.**

For more information about Iliada Kalamata Extra Virgin Olive Oil, visit www.agrovim.gr.

Look for these products at stores such as Whole Foods and Treasure Island.