

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

OLIVES

Olives grow on tress and belong to a group of fruits called drupes, or stone fruits. They are related to mangoes, cherries, peaches, almonds, and pistachios. Olives are very high in vitamin E and other powerful antioxidants!



How to Select and Store OLIVES:

Selection

SMOOTH SKIN **FIRM FLESH** **UNIFORM SIZE**

Olives have a salty, briny, and slightly bitter taste. They are fruits that are cured in salt, brine, or oil, which gives them their distinctive flavor.

Choose olives that have smooth skin, firm exterior, and are void of lumps or mushy parts. Olives come in black, green, and purple varieties, all unique in flavor.

Storage



REFRIGERATOR

Store olives at temperatures between 41°F and 50°F, preferably in airtight containers in the refrigerator. The two most common ways to store olives of any kind is in brine and in oil.

Olives will keep for up to two years unopened. Once opened, store in the fridge, where they will keep for up to six months.

Nutrition Facts

Serving Size 4 Large Olives (15g)

Amount Per Serving

Calories 25 Calories from Fat 20

% Daily Value*

Total Fat 1.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1.5g

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrate 1g 0%

Protein 0g

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Tips for Preparing and Cooking:

Preparation

Raw olives straight from the tree contain oleuropein, an extremely bitter compound that makes them unpalatable. They are best enjoyed after they have been brined and stored in a jar with a preservation liquid.

Try Olives....

Tapenade

Use a food processor to combine olives, lemon juice, garlic, and spices of choice. Serve with chips or pita bread and enjoy!

Halved

Olives are common ingredients in many dishes. They can be sliced in half and added to salads, pastas, and sandwiches at the end of cooking to pack a salty punch!

Marinated

Try olives marinated with smashed garlic cloves, whole black peppercorns, fresh rosemary and thyme, extra virgin olive oil, red wine vinegar, and fresh lemon juice!