dining in

February is Heart Health Month

Here are some Recipes that Utilize Olive Oil

cientific research has indicated olive oil can assist in the fight against heart disease, cancer, diabetes and Alzheimer's. The polyphenols in olive oil are antioxidants, which have also been shown to help fight diseases including some type of cancers. Olive oil is also known as one of the best sources of monounsaturated fatty acids, a type of fat that has been shown to improve blood cholesterol levels.

- The complex flavors of extra virgin olive oil deliver great taste and an excellent nutrient profile that make it an enjoyable part of a healthy diet. From lowering the risk of
- heart disease to delivering an abundant supply of cancer-fighting antioxidants, the health benefits associated with extra virgin olive oil continue to grow. Cultures that
- consume olive oil regularly such as those eating a Mediterranean diet are often cited as having some of the best health in the world.
- In previous decades, Americans were encouraged to consume a low fat diet, but research has pointed to the dangers of that advice and to the health benefits of consum-
- ing specific dietary fats. Today, more Americans are heeding the advice to include more health-promoting fats in their diets such as the monounsaturated fat found in
- extra virgin olive oil.

- Extra virgin olive oil is derived from the unprocessed fruit of the olive tree. During processing, the fruit is simply crushed to extract the oil content at a temperature no
- higher than 86 degrees Fahrenheit, thus preserving both its nutritional benefits and complex flavors. By contrast, canola, corn, soybean, and vegetable oils need to be chemically-extracted, refined, bleached and deodorized. With its minimal processing,
- extra virgin olive oil is essentially a fruit juice. Extra virgin olive oil contains uniquely high levels of oleic acid, about 75%, compared
- to 60% in canola and corn oils. This monounsaturated fat helps reduce overall blood
- cholesterol levels by lowering LDL (often referred to as "bad") cholesterol levels in

< Shrimp Salad with Sundried Tomato Vinaigrette 🕅



- 1/2 cup frozen corn (no-salt added)
- 1/2 cup cherry tomatoes (sliced in half) 1 Tbsp. extra virgin olive oil, divided salt and freshly ground black pepper
- 1 head romaine lettuce
- 8 oz. shrimp (thawed, tails trimmed)
- Preheat oven to 450 degrees F.
- On sheet pan place corn and halved tomatoes and toss with 2 teaspoons oil until evenly coated. Season with salt and pepper (you can also add some granulated garlic for more
- flavor.) Roast about 10-15 minutes or until tomatoes begin to tighten up.
- Chop lettuce to desired leaf size.
- In sauté pan add 1 teaspoon oil and heat to medium high.
- Add shrimp to pan and season with salt and pepper.
- Once shrimp has tightened up and turned pink (approx. 4 minutes.) Remove from heat.
- In a small bowl, whisk together vinegar, mustard, sundried tomato and garlic. When well
- mixed, slowly add the oil in a small stream; the dressing should bind together and look uniform throughout with no separating of oil and vinegar. Season with salt and pepper.
- Slice avocado in half and remove pit. Cut slices while still in the skin and scoop out with a spoon.

the blood while maintaining and, even increasing, HDL (often referred to as "good") cholesterol levels. A diet rich in monounsaturated fats, like those found in olive oil, nuts, and seeds, plays a protective role against many diseases, including heart disease, stroke, type-2 diabetes and metabolic syndrome. One characteristic that sets extra virgin olive oil apart from other oils is its extremely high levels of polyphenols. These compounds act as antioxidants and protect cells against unwanted inflammation and disease, including various types of cancer and atherosclerosis. Extra virgin olive oil contains more polyphenols than other olive oils. High levels of the antioxidant vitamin E in olive oil also protect cells from damaging free radicals. Vitamin E is often recommended to support skin health and reduce aging effects. Another antioxidant in olive oil, oleocanthal, is the same substance found in the drug ibuprophen and is thought to be responsible for the pungent taste in olive oil. By storing extra virgin olive oil in a cool, dark place in a closed container, the high nutrient lev-

els are preserved longer. The fresher the oil, the higher its nutrient profile. Extra virgin olive oil should be purchased within 12 to 18 months of its harvest date. Look for the harvest date embedded in the COOC Seal or notated somewhere on the bottle. Once opened, most olive oils should be consumed within 6 months

imes Focaccia Flat Bread

Focaccia bread is a delicious alternative to all too common unhealthy snacks. Top with mushrooms, tomatoes, peppers, olives and onion or choose veggies you like. Placed atop flavorful herb-baked bread, this hearty snack is accessible for picky eaters. Make a batch on the weekend and have it ready to warm up

- Herbed Veggie Focaccia
- **Bread Dough**

This recipe features

protein-rich shrimp,

and a zesty sundried

increases your body's

ability to absorb the

cancer- fighting lyco-

pene compound.

2 Tbsp. red wine vinegar

1/2 medium avocado

1/4 cup extra virgin olive oil

1 1/2 tsp. prepared mustard

1 Tbsp. chopped sundried tomato

1 clove garlic, roughly chopped

tomato vinaigrette.

Roasting the veg-

gies with olive oil

first adds a nice flavor and actually

colorful corn and

cherry tomatoes

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 (1/4 ounce) package quick-rise yeast
- 1 cup warm water, 125 to 130 degrees
- 1 tsp. salt
- 1 Tbsp. canola oil

Topping

- 7 medium fresh mushrooms, sliced
- 3 plum tomatoes, chopped
- 1 small green bell pepper, slivered,
- 1/2 cup sliced black olives
- 1/4 cup chopped red onion
- 2 Tbsp. olive oil
- 2 tsp. cornmeal 2 tsp. apple cider vinegar

Preheat oven to 475 degrees. Combine 1 cup whole-wheat flour and 1/2 cup all-purpose flour, yeast and salt in mixing bowl.

1/2 tsp. salt

and basil

1/4 tsp. garlic powder

Nonstick cooking spray

Add water and oil. Beat until smooth. Stir in remaining flour to form soft dough. Place onto floured surface and knead by hand until consistent and elastic, about 4 minutes. Do not over knead.

Cover and let stand for 15 minutes. Combine mushrooms, tomatoes, pepper, olives, on-

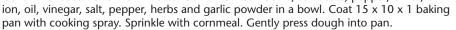


1/4 tsp. freshly ground black pepper

1/4 tsp. each dried oregano, thyme,

- Arrange lettuce on plate or bowl and top with roasted tomato and corn and avocade. Drizzle with vinaigrette and top with shrimp.
 - Salad: Makes 2 servings. Per serving: 310 calories, 17 g fat (2.5 g. saturated fat), 23 g
- carbohydrate, 22 g protein, 11 g dietary fiber, 670 mg sodium.
 - Sundried Tomato Vinaigrette: Makes 3 servings. Per serving: 170 calories, 18 g fat (2.5 g. saturated fat), 2 g carbohydrate, 0 g protein, 0 g dietary fiber, 35 mg sodium.

SOURCE: The American Institute for Cancer Research



Generously prick dough with a fork. Bake for 10 minutes or until lightly browned. Cover with topping mixture. Bake 10 minutes longer or until edges are golden brown.

Makes 12 servings. Per serving: 110 calories, 4.5 g total fat (0.5 g saturated fat), 17 g carbohydrate, 3 g protein, 2 g dietary fiber, 340 mg sodium.

SOURCE: The American Institute for Cancer Research



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	6 small cucumbers	Sea Salt	Wash cucumber and oranges well.	
	_		Peel oranges, remove white membrane and cut fresh in thin slices.	
	Dressing		Thinly slice cucumber with a mandolin.	
	1/2 cup Gaea's Sitia, Crete D.O.P Greek Extra Virgin Olive Oil	Fresh ground pink pepper 2 large oranges 1 Tbsp. fresh rosemary	Combine salt and two kinds of pepper in glass or stainless steel bowl and add lemon juice. Slowly add olive oil while stirring constantly with wire whisk.	
			Combine dressing with orange slices and fresh herbs.	
	Juice of 1 lemon Salt	i noprineen eregane i te server.		o serve: Arrange cucumbers in dishes and pour over prepared dressing. prinkle with a little coarse salt.
	Fresh ground black pepper	1 Tbsp. fresh mint	Makes 4-6 servings.	SOURCE: Gaea Fresh Extra Virgin Olive Oil

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