

FUEL UP

Love Olives

Full of healthy, unsaturated fats and vitamin E, their rich salty flavor makes eating a few at a time go a long way.

ROASTED RICHNESS

Combine with cherry tomatoes, garlic, and black pepper. Roast at 425 degrees for 15 minutes.

STUFF IT

Mix finely chopped olives, garlic powder, and fat-free, plain Greek yogurt. Stuff into celery sticks.

GO FISH

Add chopped olives to tuna or salmon salad for a delicious sandwich filling or cracker topper.

