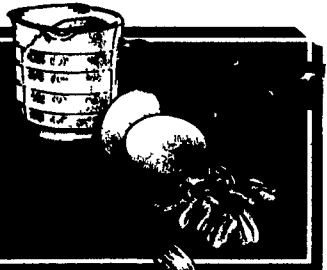


Home on the Range



Add Pizzazz With Olives

Once considered only company fare, olives are now used to add flavor and interest to every day meals.

Oives are a fruit. They are a cholesterol free food. The oil of the olive is approximately 75 percent monounsaturated, 9 percent polyunsaturated, and 16 percent saturated. Monounsaturated fats such as olive oil have been found not to raise the artery damaging LDL-cholesterol, and to leave the

beneficial HDL-cholesterol level unaffected or even at a higher level.

Ripe olives are not as high in calories as generally perceived, a ¼-ounce serving of medium-sized olives has 5 calories and two grams fat.

Ripe olives are packed in light brine solution, not only to bring out the flavor of the fruit, but to protect them in transportation. The recommended shelf life for

unopened cans is 36 to 48 months. Partially used cans may be held in the refrigerator for up to 10 days. Store olives in the original brine and cover loosely with plastic wrap.

A quick scan of your grocer's shelves will show that black ripe olives come in a variety of styles and can sizes—whole pitted ripe olives as well as sliced, chopped, and wedges (cut like sections of an orange).



A quick scan of your grocer's shelves will show that black ripe olives come in a variety of styles and can sizes—whole pitted ripe olives as well as sliced, chopped, and wedges (cut like sections of an orange) to meet every culinary need.

"Dinnertime Survival" includes recipes, equipment tips, smart kitchen rules, and short-cuts for creating a festive atmosphere when entertaining at home.

For a free copy of the booklet, write to California Olive Industry, Dept. DS, P.O. Box 7796, Fresno, CA 93747.

Here is a popular recipe from the industry. This versatile olive pesto can be used with any pasta and also as a topping for crackers and toasted French bread.

FETTUCCINE WITH OLIVE PESTO

- 10 ounces dried fettuccine
- 1½ cups whole pitted ripe olives
- 3 tablespoons drained capers
- 4 teaspoons lemon juice
- 1 tablespoon olive oil
- 2 teaspoons Dijon mustard
- 2 to 3 cloves garlic, peeled
- ¼ cup finely chopped fresh basil
- ¼ cup grated Parmesan cheese

Cook fettuccine according to package directions. While pasta cooks, combine olives, capers, lemon juice, oil, mustard, and garlic in a food processor or blender. Whirl until coarsely pureed. Stir in chopped basil and cheese; set aside. Drain pasta well and transfer to a large warm serving bowl. Spoon over pasta and mix gently. Makes 4 servings.

CURRIED OLIVES
 ½ cup finely chopped onion
 2 tablespoons lemon juice
 1 tablespoon curry powder
 ½ cup salad oil
 1½ cups stuffed olives, drained
 Combine onion and lemon juice. Add curry powder. With electric beater, slowly beat in salad oil. Put olives in a jar; pour mixture over them. Cover and refrigerate for three days. Drain before serving.

This is a great party food.
 Eileen Greenaway
 Somerville, NJ

CHEESE-OLIVE BALLS
 8-ounces sharp cheddar cheese, grated
 1½ cups flour
 ½ cup butter, melted
 36 small pimiento stuffed olives
 Work cheese and flour together until crumbly. Add melted butter and work with hands. Mold 1 teaspoon dough around each olive. Place on an ungreased baking sheet. Cover and chill one hour or longer. Bake at 400 degrees for 15-20 minutes. Serve hot. These may be frozen either before or after they are cooked. Makes 36.

Eileen Greenaway
 Somerville, NJ

TORTILLA ROLLS
 2 8-ounce packages cream cheese
 2 green onions, minced
 4 12-inch flour tortillas
 4-ounce can diced green chilies
 1-ounce package Hidden Valley Original Ranch salad dressing mix
 4-ounce jar pimentos
 2.25-ounces sliced black olives
 Mix cream cheese, salad dressing mix and green onions together. Divide equally on the tortillas and spread evenly.

Drain pimentos, chilies, and olives on paper towel. Blot to remove excess liquid. Equally spread each over cream cheese mixture. Roll tortillas tightly and wrap with plastic wrap. Chill at least 2 hours. Slice into 1-inch pieces, discarding ends. Place on platter and serve. Makes about 3 dozen.

Lee Laverty
 Dover, NJ

OLIVE CREAM CHEESE SPREAD
 8-ounces cream cheese, softened
 ¼ cup parmesan cheese
 1 tablespoon chopped stuffed green olives
 1 tablespoon chopped ripe olives
 2 teaspoons chopped fresh chives
 ¼ teaspoon pepper
 ½ cup slivered almonds, toasted
 1 tablespoon chopped fresh basil leaves

Assorted crackers or breads
 Mix together the first six ingredients. Transfer the mixture to a plastic wrap-lined 2 cup container. Cover and refrigerate for two hours for flavors to blend.

Turn out on plate, remove plastic wrap, sprinkle with toasted almond slivers and basil. Serve with crackers and breads.

I like this with butter-flavored crackers and with cocktail rye bread.

Betty Light
 Lebanon

OLIVE AND SUN-DRIED TOMATO BREAD

- 2 eggs
- ½ cup milk
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon Kosher salt
- 3 tablespoons oil drained from sun-dried tomatoes or olive oil
- ½ cup black olives in oil, drained, pitted, and slivered
- ½ cup sun-dried tomatoes in oil, drained and sliced
- 1 tablespoon fresh basil, chopped

Preheat oven to 400 degrees. Grease an 8-inch springform pan.

With the electric mixer, beat eggs and milk to combine. Sift flour, baking powder, and beat into egg mixture for 2 minutes. Add Kosher salt and beat for one minute more. Stir in the olives, sun-dried tomatoes, and basil with a spoon.

Pour the batter into the prepared pan and bake for 30 minutes or until tester comes out clean.

Cool slightly on a wire rack. Serve warm. Makes one loaf.

B. Light
 Lebanon

CORN AND OLIVE DIP

- 2 8-ounce packages cream cheese, softened
 - 1 envelope ranch dressing mix
 - 9-ounces chopped ripe olives, drained
 - 11-ounce can whole kernel corn, drained
 - 4-ounce can chopped green chillies, drained
 - 1 cup red-bell pepper, chopped
 - Bagel chips or tortilla chips
- Beat cream cheese and ranch dressing mix with electric mixer. Stir in the remaining ingredients. Cover and refrigerate one to two hours.

Makes 4 cups. Serve with bagel chips or tortilla chips.

This is excellent for a super bowl party.

Betty Light
 Lebanon

CALIFORNIA CASSEROLE

- 1 pound ground round steak
- 1 tablespoon peanut oil
- 1 clove garlic, finely minced
- Salt and freshly ground pepper
- 1 large onion, finely chopped
- 1 green pepper, cored, seeded, chopped
- 1 tablespoon chili powder
- 1 tablespoon Worcestershire sauce
- Tabasco sauce to taste
- 1-pound can Italian plum tomatoes
- 1-pound can kidney beans
- ½ cup rice
- ¼ cup chopped stuffed green olives
- ¼ cup shredded cheddar cheese

Preheat oven to 350 degrees. Cook the meat in oil until it loses its red color. Add the garlic, salt, pepper, onion, green pepper, and chili powder. Cook for 5 minutes or until onion is wilted.

Add Worcestershire, Tabasco, tomatoes, kidney beans, and rice. Turn into a buttered 2-quart casserole. Bake, uncovered, for 45 minutes.

Sprinkle with olives and cheese, and bake 15 minutes longer or until cheese is melted.

Allen Bens
 Ephraim