

Fun Food Feature of the Week!

Olives

- The olive is one of the earliest plants to be recorded in history.
- The fruit of an olive tree (the olive) is actually not edible until it is treated.
- Most olives originate from the Eastern Mediterranean region from Lebanon, Asia Minor, Iran and the Caspian Sea area.
- Olives are treated with brine and allowed to ferment which creates the more palatable salty/bitter flavor of the olives that we currently purchase and eat.
- Olives are very good source of monounsaturated fat and a good source of Vitamin E.
- Olives also contain some active phytonutrients called polyphenols and flavanoids that contribute to their anti-inflammatory properties.
- Try olives in a salad, pasta, or as a snack!



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Grilled Mediterranean Tuna Steaks

- 1 tomato (chopped)
- 1/4 cup feta cheese (crumbled)
- 2 Tablespoons of chopped kalamata or other ripe olives
- 3 Tablespoons of chopped fresh basil or oregano
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1lb Tuna steak (4 ounce portions)



In a bowl toss the tomato, cheese, olives, and 1 T basil/oregano put in refrigerator. Heat grill. Combine oil, remaining basil/oregano, salt, and pepper in a small bowl. Baste tuna steaks with oil mixture and grill tuna steaks for 7 minutes on each side until cooked thoroughly. Top with tomato mixture and serve.

Exchanges: Makes 4 servings: 4 lean meat; 1/4 fat

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