



OLIVE OIL 101

Presented by the North American Olive Oil Association (NAOOA)

ABOUT EXTRA VIRGIN OLIVE OIL (EVOO)



Healthiest option with a broad range of flavors, much like wine



Produced through natural crushing of olives without heat or chemicals; retains antioxidants



100% extra virgin olive oil

USES



Sautéing, grilling, roasting, baking, pan frying



Drizzling, dipping, dressings and marinades

TIP

Extra virgin olive oil can enhance the flavors of foods. Pair different EVOOs with dishes to find what you like best.



ABOUT OLIVE OIL



Heart-healthy monounsaturated fat with mild or minimal flavor



Produced through natural crushing of olives and then refined; no solvents used



A blend of refined olive oil and extra virgin/virgin olive oil

USES



Sautéing, grilling, roasting, baking, pan frying



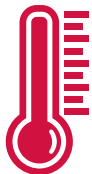
Dressings and marinades

TIP

Enhance food without overpowering taste. Olive oil can be used as an alternative to other oils or substituted for margarine or butter.



STORING OLIVE OIL? REMEMBER **HOLA**: Heat, Oxygen, Light, Age



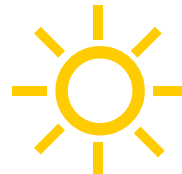
HEAT

Store olive oil away from major heat sources, like the stove or oven.



OXYGEN

Always store olive oil in a bottle with a cap or seal, as air exposure can affect taste.



LIGHT

Store olive oil away from windows and fluorescent lighting.



AGE

Shelf life for olive oil is no more than two years from bottling.

Bottom Line: Store olive oil in a dark, cool place and use within a few months of opening the bottle.