



MIND DIET

Extra Virgin Olive Oil

USES FOR EXTRA VIRGIN OLIVE OIL (EVOO)

- 01** Use it in cake, instead of butter! Add nutrition to an otherwise lower nutritional value food. Conversion: $\frac{3}{4}$ the amount of butter in the recipe will yield the best results (e.g. $\frac{3}{4}$ cup EVOO would replace 1 cup butter).
- 02** Improve the taste of vegetables. Drizzle EVOO over roasted vegetables to enhance their flavor and nutritional value.
- 03** Add a little zest to your salad. Combine it with vinegar or citrus juice for a simple vinaigrette. RATIO: Ideal oil to acid ratio is 3:1.
- 04** Awesome pasta! Make a quick pasta sauce with EVOO, minced garlic, crushed red pepper flakes, and freshly grated parmigiano-reggiano.
- 05** What's on that bread? Infuse EVOO with seasonings and use as a dipping sauce for crusty Italian bread.
- 06** Seafood flavor. Use EVOO as the finishing oil when cooking seafood or steak.
- 07** A healthy snack! Cook popcorn kernels with EVOO and rosemary in a pot over the stove. Sprinkle with nutritional yeast for extra flavor and nutrition.

