

TIPS FOR EATING WELL, EATING DELICIOUSLY

Pompeian Brings the Best of the Mediterranean Diet to the American Table

Substitute heart-healthy olive oil for butter. All Pompeian Olive Oil varieties – Extra Virgin, Classic Mediterranean and Extra Light – contain far less saturated fat than butter (2 grams vs. 8 grams). Olive oil contains no cholesterol, while butter contains 33 mg per serving.

Here's How Much Pompeian Olive Oil to Substitute in Your Baking Recipes

<i>Recipe Calls For Butter/Margarine</i>	<i>Use This Much Pompeian Olive Oil</i>
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1 teaspoon	= 3/4 teaspoon
1 tablespoon	= 2-1/4 teaspoons
2 tablespoons	= 1-1/2 tablespoons
1/4 cup	= 3 tablespoons
1/2 cup	= 1/4 cup + 2 tablespoons
2/3 cup	= 1/2 cup
3/4 cup	= 1/2 cup + 1 tablespoon
1 cup	= 3/4 cup
2 cups	= 1-1/2 cups

Source: International Olive Oil Council

Use olive oil in lieu of shortening when baking. Pompeian Extra Light Olive Oil makes a good alternative to margarine, butter and vegetable oil in desserts, because of its light flavor. Olive oil can even be used to grease the pan.

Choose olive oil as a flavorful alternative to vegetable seed oils. Olive oil and all other edible oils contain about 120 calories per tablespoon. However, many people find that the more flavorful taste of olive oil allows them to use less and, thus, to reduce calories.

Select different olive oil varieties for different smoke points. Pompeian Extra Light Olive Oil has a high smoke point of 468°F, which makes it ideal for stir frying. Pompeian Classic Mediterranean Olive Oil, with a 438°F smoke point, can be used for lower heat sautéing, while Pompeian Extra Virgin Oil, a 406°F, is better suited for basting and sauces. All three can be used in baking, based on your taste preferences.

Bring out natural flavors with vinegar. A teaspoon or two of Pompeian Balsamic Vinegar can awaken the flavor in a bland soup, stew or sauce, and bring out the flavor of strawberries. When enhancing the flavor of seafood, it is better to add a touch of vinegar after cooking.

Use vinegar's acidity to your advantage. Vinegar is a natural meat tenderizer. It is widely used as a food preservative, because it reduces the pH level of foods, helping to curb bacteria growth. Be aware that vinegar's acidity can interact with aluminum pots or containers.

Try Pompeian Rice Vinegar, if you have certain food allergies. Generally, true grape wine vinegars, including balsamic vinegar, contain sulfites. If you are allergic to sulfites, select Pompeian Rice Vinegar. Like all Pompeian vinegars, it is naturally fat- and gluten-free.

Create elegant recipes without the expense of vintage wines. Made from premium Spanish burgundy, white, sherry and Marsala wines, Pompeian Cooking Wines provide all the flavor of expensive vintage wines to recipes. Pompeian Cooking Wines are lightly salted, and so are shelf-stable. This convenience means that you can keep cooking wine on hand and just add a splash of wine flavor when the whim moves you.

Experiment with tastes of cooking wines. Follow your inspiration; you are not required to follow the traditional rule of thumb to match white wine with poultry and seafood, and red wine with red meat and robust sauces. Cooking wines add moisture, tenderize meats, balance flavors, enhance aroma and accent natural flavors.

Toss Pompeian artichoke and olive products into salads. Take your salads up a notch with Pompeian Artichoke Hearts and Marinated Artichoke Hearts. Artichokes, a favorite ingredient in the Mediterranean diet, are full of fiber and calcium. Pompeian Salad Olives and Olives Stuffed with Pimiento Paste make excellent snacks, garnishes and antipasto or salad ingredients.