



Reasons to Want Olives from Spain

Because Only Olives from Spain...

Olives from Spain have what it takes to be included in today's fast paced world. These sophisticated and versatile delights are more than just hors d'oeuvres; they're vitamins, minerals and essential nutrients all packed into a guilt-free treat.

... Provide Great Variety and versatility

While Olives from Spain are strong and robust all on their own, their unique taste and texture can create more than just an impressive solo act. Thanks to the numerous ways that they can be presented and the various types of processing methods, there is a wide range of table olives available. From pitted and chopped to sliced in segments, quarters, and halves or just left whole, Olives from Spain come in all shapes and sizes. Available in green, black and purple, these delights can be prepared Spanish or Seville-style with either a brine or a variety of marinades from oregano, thyme, garlic, orange, lemon, onion and more.

The excitement continues when these olives are pitted and stuffed as their brined, smoky and rich taste can find adoration with a variety of edible partners. Perfectly paired with peppers, anchovies, cheeses, almonds, tuna and more, the sky really is the limit for stuffed olives so let your imagination run wild!

Given such a variety, table Olives from Spain are perfect for all kinds of tastes.

Olives make the perfect partner for today's dietary desires. They are affordable, easy to buy, easy to preserve and can be offered as a quick appetizer that everyone can enjoy. With a never-ending list of marinades to be matched to, Olives from Spain are both nutritious and exciting.

Combining the four basic flavors – sweet, salty, bitter and sour – Olives from Spain are extremely versatile in cooking. A go-to ingredient for a number of dishes such as tapas, salads and appetizers, these resourceful pleasures can also create delectable pizzas, savory rice dishes, scrumptious pastas, robust fish plates, dazzling meats and many more. There really is no stopping Olives from Spain as they can even be used in desserts.





Olives from Spain may be heavy with tradition but, they are no stranger to forward thinking. With the updated tradition of marinating the olives, these versatile foods can be made even more adventurous. This method of preparation gives home cooks the freedom to try different types of marinades and even invent their own, so anyone can taste their very own version of their favorite Olive from Spain.

... Provide Great Originality and Sophistication

When spending quality time with family and friends, olives are there to make the moment even more special. Usually present in relaxation, celebration, happiness, free time and fun, no dinner table should go without these Mediterranean wonders. Olives are accessible to everyone and are perfect for the times we live in today. Serve them on the fly for an unexpected guest, alongside your favorite treats at a family party, while watching the big game or just as a quick snack after the gym. There are plenty of good times that can be made even better when accompanied with Olives from Spain.

Nutrition

Widely accepted as one of the most beneficial cuisines around, the Mediterranean diet has been gaining popularity at an increasing pace. Recognized by the Mayo Clinic as a heart-healthy eating plan, the diet incorporates traditional foods and cooking from Spain and the surrounding areas. With research showing that the Mediterranean diet may be linked with a decreased risk of heart disease, this revolutionary diet would not be possible without the power-packed olive.

Taking a closer step toward a Mediterranean Diet can be as simple as incorporating Olives from Spain into your diet. Eating just seven of these deliciously versatile fruits can benefit the body in more ways than one. Lower in calories than many other snacks and big on taste, Olives from Spain can be enjoyed at any time. A cornerstone of the Mediterranean Diet, the sophisticated treat packs 37 calories in a seven olive serving.

Vitality never tasted so good.

... Provide Something Different

Olives from Spain are tasty, versatile, original, sophisticated and nutritious. Olive production in Spain has a long history and tradition, which today joins the most advanced processing technologies that exist. This ensures both high quality levels and food safety.

