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10 Recipes for cooking with Olives!

black olives are rich in antioxidants, specifically polyphenols, vitamin E and beta carotene, that may protect your cells from oxidative damage



Savino's Herb and Olive Chicken Salad

My Italian husband adores this chicken salad with black olives. It's best made with plenty of fresh herbs!

Fabulous served on a romaine lettuce bed with tomato wedges.

Submitted by Mel Savino |

Prep Time: 15 mins Total Time: 15 mins Servings: 4

Yield: 4 servings

Ingredients

1/2 cup mayonnaise

1 teaspoon minced fresh oregano

1 teaspoon minced fresh basil

1 teaspoon minced fresh rosemary

1/2 teaspoon minced onion

1 pinch salt and cracked black pepper to taste

4 cooked boneless chicken breast halves, diced

1 (10 ounce) can large pitted black olives, drained and sliced thin

Directions

Step 1

Whisk mayonnaise, oregano, basil, rosemary, onion, salt, and pepper together in a bowl; add chicken and stir to coat. Fold olives into the mixture.

Nutrition Facts

Per serving: 684 calories; total fat 46g; saturated fat 9g; cholesterol 175mg; sodium 903mg; total carbohydrate 5g; dietary fiber 2g; total sugars 0g; protein 61g; vitamin c 1mg; calcium 95mg; iron 4mg; potassium 404mg

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C and L's Stuffed Black Olives

This is a great party appetizer, or a really good family snack. Serve with marinara sauce. There is often a bit of the meat mixture left over, so you may want to use more olives than I have recommended in this recipe.

Submitted by qweenbee53 |

Prep Time: 25 mins Cook Time: 10 mins Total Time: 35 mins Servings: 8

Yield: 8 servings

Ingredients

4 ounces ground pork

4 ounces ground beef

1 1/2 teaspoons Italian seasoning

1 teaspoon garlic powder

1/2 small onion, shredded

1 tablespoon dried parsley

1/4 cup grated Parmesan cheese

salt and pepper to taste

1 (15 ounce) can black olives, drained 2 eggs

2 cups Italian-style dried bread crumbs 2 cups vegetable oil

Directions

Step 1

In a large skillet over medium high heat, cook ground beef and ground pork until evenly browned.

Step 2

Drain meats. Mix in Italian seasoning, garlic powder, onion, parsley flakes, Parmesan cheese, and salt and

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pepper. Continue cooking over medium high heat 1 to 2 minutes, until thoroughly blended.

Step 3

Beat eggs in a small bowl. Place Italian-style dried bread crumbs in a small bowl. Stuff the olives with the meat mixture. Dip the stuffed olives into the eggs, then into the bread crumb mixture. Place coated olives on a flat surface and let them sit for 10 minutes.

Step 4

Heat vegetable oil in the deep fryer or large, heavy saucepan to 375 degrees F (190 degrees C). Repeat the process of dipping each olive into the egg and bread mixture.

Step 5

In small batches, fry the olives 1 to 2 minutes, or until golden brown. Drain on paper towels.

Nutrition Facts

Per serving: 778 calories; total fat 71g; saturated fat 12g; cholesterol 72mg; sodium 1069mg; total carbohydrate 25g; dietary fiber 3g; total sugars 2g; protein 12g; vitamin c 2mg; calcium 153mg; iron 4mg; potassium 189mg

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Black Olive, Mushroom, and Sausage Stuffing

Black olive, mushroom and sausage stuffing is perfect to stuff your Thanksgiving turkey with. Comes out deliciously moist and a wonderful family tradition.

Submitted by Rubbie I

Prep Time: 25 mins Cook Time: 50 mins Total Time: 1 hr 15 mins Servings: 8

Yield: 8 servings

Ingredients

20 slices bread

1 pound breakfast sausage

3/4 cup butter

1 cup chopped onion

2 cups chopped celery

2 cups sliced fresh mushrooms

1 (15 ounce) can black olives, drained and chopped 2 teaspoons garlic, minced

1 tablespoon poultry seasoning

1/4 teaspoon salt (Optional)

1/4 teaspoon ground black pepper

1 egg, beaten

Directions

Step 1

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Step 2

Place the bread slices onto baking sheets in a single layer. Bake in the preheated oven until golden brown,

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then turn the bread over, and continue baking until golden brown on the other side as well, about 15 minutes.

Remove, and allow the bread to cool. Once cool, cut into 1/2-inch cubes.

Step 3

Meanwhile, heat a large skillet over medium-high heat and stir in the sausage. Cook and stir until the sausage is crumbly no longer pink. Stir in the butter, onion, and celery; continue cooking until the onion has softened and turned translucent, about 5 minutes. Scrape the mixture into a large mixing bowl, and stir in the mushrooms, olives, garlic, poultry seasoning, salt, and pepper. Stir in half of the bread cubes until evenly blended, then stir in the beaten egg with the remaining bread cubes. Pack into the prepared baking dish.

Step 4

Bake in the preheated oven until crispy and golden brown on top, about 30 minutes.

Cook's Notes

When stuffing turkey, I like to over-stuff and have it overflowing and when I baste the turkey I baste the stuffing as well to insure not drying out. About 1 hour before finished I stick the baster in the center of the stuffing and squeeze, giving the stuffing some of the turkey flavors as well. When cooking extra in the oven, place the stuffing in a buttered casserole dish, and place in a pan of hot water. Cover, and baste with turkey drippings occasionally. It comes out really good.

As a substitute you could also use Italian Olive bread instead of wheat bread or try sour dough; it comes out very delicious.

Nutrition Facts

Per serving: 641 calories; total fat 48g; saturated fat 21g; cholesterol 110mg; sodium 1428mg; total carbohydrate 39g; dietary fiber 4g; total sugars 4g; protein 14g; vitamin c 4mg; calcium 172mg; iron 5mg; potassium 250mg

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Delicious Macaroni Salad

A family favorite that does not last long around my house.

Submitted by MICHELLELASPINA |

Prep Time: 20 mins

Cook Time: 10 mins Additional Time: 30 mins Total Time: 1 hr Servings: 12

Yield: 12 servings

Ingredients

2 cups elbow macaroni

1 cup diced fully cooked ham

1 cup dill pickle relish

1 stalk celery, chopped, or more to taste 1 (4 ounce) can black olives, chopped

1 small red onion, finely chopped

3/4 cup mayonnaise

2 tablespoons Dijon mustard

Directions

Step 1

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Cool cooked macaroni under cold running water and drain.

Step 2

Toss macaroni with ham, pickle relish, celery, black olives, red onion, mayonnaise, and Dijon mustard until thoroughly combined. Cover and chill before serving.

Nutrition Facts

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Per serving: 210 calories; total fat 14g; saturated fat 3g; cholesterol 12mg; sodium 544mg; total carbohydrate 16g; dietary fiber 1g; total sugars 1g; protein 5g; vitamin c 5mg; calcium 25mg; iron 1mg; potassium 112mg

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Fried Gorgonzola Olives

Cheese stuffed large pitted black olives breaded and fried golden brown.

Submitted by Craig J. Doucette |

Prep Time: 25 mins Cook Time: 5 mins Total Time: 30 mins Servings: 6

Yield: 6 servings

Ingredients

1 (15 ounce) can jumbo pitted black olives, drained 4 ounces so" Gorgonzola cheese

2 eggs, beaten

1/4 cup milk

1 cup Italian-style dry bread crumbs oil for deep frying

Directions

Step 1

Drain olives well on paper towels. Place Gorgonzola cheese in a pastry bag, or a heavy plastic bag, and squirt into each olive.

Step 2

Whisk together the eggs and milk; place the bread crumbs in a shallow bowl. Dip olives in the egg mixture, shake off the excess, and roll in bread crumbs to coat; set aside.

Step 3

Heat at least 4 inches of oil in a large pot to 375 degrees F (190 degrees C).

Step 4

Fry olives in hot oil until golden brown and drain on paper towels. Allow to cool slightly before serving.

Nutrition Facts

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Per serving: 359 calories; total fat 28g; saturated fat 7g; cholesterol 83mg; sodium 1202mg; total carbohydrate 18g; dietary fiber 3g; total sugars 2g; protein 10g; vitamin c 2mg; calcium 224mg; iron 4mg; potassium 90mg

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Greek Pizza with Artichokes and Feta Cheese

Canned artichokes take this Greek Pizza to the highest pillar and have one of the highest levels of healthy anti-aging, disease-fighting antioxidants.

Submitted by Cans Get You Cooking® |

Prep Time: 20 mins Cook Time: 10 mins Total Time: 30 mins Servings: 12

Yield: 12 servings

Ingredients

3 tablespoons olive oil, divided

1 medium red onion, halved and thinly sliced

1 pound prepared pizza dough

1/2 cup prepared basil pesto sauce

1 (14 ounce) can artichoke hearts, drained and quartered 1 (10 ounce) can chicken breast, drained and flaked

1 (4 ounce) can sliced mushrooms, drained

1 (3.8 ounce) can sliced black olives, drained

1/2 cup crumbled feta cheese

Directions

Step 1

Heat 1 tablespoon olive oil in 12-inch skillet over medium heat. Once oil is hot, add onion to skillet and cook until just softened, about 5 minutes. Set aside.

Step 2

Divide dough into 2 equal balls. On well-floured surface, with floured rolling pin, roll each ball into a 10-inch circle. Place on large cookie sheets or pizza pans. Brush crusts with remaining olive oil.

Step 3

Preheat oven to 450 degrees F. Spread pesto sauce on pizza dough within 1-inch from edge; top with red

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onion, artichoke hearts, chicken, sliced mushrooms, sliced olives and feta cheese. Bake 15 to 20 minutes or until crust is golden.

Nutrition Facts

Per serving: 263 calories; total fat 14g; saturated fat 3g; cholesterol 23mg; sodium 759mg; total carbohydrate 23g; dietary fiber 2g; total sugars 3g; protein 12g; vitamin c 5mg; calcium 119mg; iron 2mg; potassium 93mg

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Pepper Jack Olive Dip

A blend of pepper Jack cheese, cream cheese, and chopped black olives comes together in minutes for a real crowd pleaser.

Submitted by bd weld |

Prep Time: 15 mins Total Time: 15 mins Servings: 4

Yield: 4 servings

Ingredients

1 (8 ounce) package cream cheese, softened

1 (4.25 ounce) can chopped black olives, undrained 1 tablespoon mayonnaise

4 ounces Borden® Pepper Jack cheese, shredded

1 (16 ounce) package corn chips

Directions

Step 1

Mix cream cheese, chopped black olives, and mayonnaise in a mixing bowl until well combined.

Step 2

Fold in shredded pepper Jack cheese until well combined.

Step 3

Serve with corn chips.

Cook's Note:

This recipe can easily be doubled or tripled.

Nutrition Facts

Per serving: 946 calories; total fat 66g; saturated fat 22g; cholesterol 93mg; sodium 1317mg; total carbohydrate 74g; dietary fiber 7g; total sugars 1g; protein 18g; vitamin c 0mg; calcium 255mg; iron 3mg;

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potassium 221mg

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Italian Pasta Salad

This Italian pasta salad that's loaded with tri-color rotini pasta, salami, bell peppers, and mozzarella is quick to make and full of flavor for a delicious summer meal.

By Trish I

Prep Time: 15 mins Cook Time: 10 mins Total Time: 25 mins Servings: 12

Ingredients

1 (12 ounce) package tri-color rotini pasta 3/4 pound Italian salami, finely diced

1/2 green bell pepper, sliced

1/2 red bell pepper, sliced

1/2 red onion, chopped

1 (6 ounce) can sliced black olives

8 ounces small fresh mozzarella balls (ciliegine)

1 cup Italian-style salad dressing

3 (.7 ounce) packages dry Italian-style salad dressing mix, or to taste 1/2 cup shredded Parmesan cheese

Directions

Step 1

Gather all ingredients.

Step 2

Bring a large pot of lightly salted water to a boil. Cook rotini pasta at a boil until tender yet firm to the bite, about 8 minutes. Drain and rinse with cold water until cool.

Step 3

Combine pasta, salami, bell peppers, onion, mozzarella balls, and olives in a large bowl. Add salad dressing

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and toss to coat.

Step 4

Season pasta salad with dry salad dressing mix and stir to combine.

Step 5

Sprinkle with Parmesan cheese before serving. Enjoy!

Nutrition Facts

Per serving: 371 calories; total fat 21g; saturated fat 7g; cholesterol 46mg; sodium 1893mg; total carbohydrate 29g; dietary fiber 2g; total sugars 5g; protein 15g; vitamin c 11mg; calcium 61mg; iron 2mg; potassium 210mg

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Nicoise-Style Tuna Salad With White Beans & Olives

For my nicoise-style tuna salad, just open three cans: one each of tuna, white beans and sliced olives. Toss these ingredients with slivered red onion, olive oil and lemon juice. Take time, if you like, to boil eggs, or pick them up at the grocery salad bar. Serve the salad with steamed green beans. For an even simpler version, add a little chopped parsley to the salad for color and serve it with salted tomato slices.

Submitted by USA WEEKEND columnist Pam Anderson |

Servings: 4

Yield: 4 servings

Ingredients

3/4 pound green beans, trimmed and snapped in half

1 (12 ounce) can solid white albacore tuna, drained

1 (16 ounce) can Great Northern beans, drained and rinsed 1 (2.25 ounce) can sliced black olives, drained

1/4 medium red onion, thinly sliced

1 teaspoon dried oregano

6 tablespoons extra-virgin olive oil

3 tablespoons lemon juice

1/2 teaspoon finely grated lemon zest

Salt and ground black pepper, to taste

4 large hard-cooked eggs, peeled and quartered

Directions

Step 1

Place green beans, 1/3 cup water and a large pinch of salt in a medium skillet. Cover, turn heat on high, and bring water to boil. Once beans start to steam, set timer and cook until tender-crisp, about 5 minutes. (Because the beans cook in such a small amount of water, make sure not to let the skillet run dry.) Immediately dump them onto a lipped cookie sheet lined with paper towels to cool.

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Step 2

Mix tuna, white beans, olives and onion in a medium bowl. Whisk together oregano, oil, lemon juice and zest in a medium bowl, then pour over the salad and gently stir to combine.

Step 3

Adjust seasonings to taste. Arrange a portion of green beans, tuna-bean salad and eggs on each of 4 plates.

Tips

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Nutrition Facts

Per serving: 548 calories; total fat 30g; saturated fat 6g; cholesterol 247mg; sodium 526mg; total carbohydrate 33g; dietary fiber 9g; total sugars 2g; protein 36g; vitamin c 22mg; calcium 151mg; iron 5mg; potassium 871mg

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Taco Dip

This taco dip recipe is simple and scrumptious. It's delicious even when I use low-fat Cheddar and low-fat sour cream! Serve with baked tortilla chips for dipping.

Submitted by Rose Starkowicz |

Prep Time: 10 mins Total Time: 10 mins Servings: 25

Ingredients

1 (16 ounce) container nonfat sour cream

1 (8 ounce) package cream cheese, softened

1 (1.25 ounce) package taco seasoning mix

1/4 head iceberg lettuce - rinsed, dried, and shredded 1 cup shredded Cheddar cheese

3 medium chopped tomatoes

1 medium green bell pepper, chopped

1 (2.25 ounce) can black olives, drained

Directions

Step 1

Mix sour cream, cream cheese, and taco seasoning together in a medium bowl until smooth. Spread mixture in a 9- or 10-inch round serving dish.

Step 2

Top with shredded lettuce, then sprinkle Cheddar cheese, tomatoes, bell pepper, and black olives on top.

More About This Recipe:

This taco dip recipe, which comes together in minutes, is sure to be a hit at your next get together.

How to Make Taco Dip

You'll find a detailed ingredient list and step-by-step instructions in the recipe above, but let's go over the basics:

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Taco Dip Ingredients

These are the simple ingredients you'll need to make this crowd-pleasing taco dip recipe:

Sour cream and cream cheese: A blend of sour cream and cream cheese is the rich base for this taco dip.

Taco seasoning: Use store-bought taco seasoning or make your own at home with our top-rated recipe.

Cheese: You'll need a cup of shredded Cheddar cheese.

Vegetables: Add a little color with iceberg lettuce, chopped tomatoes, a green bell pepper, and a can of black olives.

How to Make Homemade Taco Dip

Here's a brief overview of what you can expect when you make taco dip at home: Mix the sour cream, cream cheese, and seasoning, then spread the mixture in a serving dish. Top with cheese and vegetables.

What to Serve With Taco Dip

Serve this taco dip with tortilla chips (bonus points if you make your own at home), pita chips, crackers, or sturdy vegetables (such as celery or carrots).

Can You Make Taco Dip Ahead of Time?

Yes, this taco dip makes a great make-ahead appetizer. Simply store it in an airtight container in the refrigerator for up to three days. To ensure the vegetables stay crisp, add them right before serving.

Allrecipes Community Tips and Praise

"This has been my 'go-to' for many years," says Ann. "I add chopped red onion to the toppings list as I love them and they add nice color, but are also easy to see for those that don't care for them. Green onions are also a tasty topping if red is too strong."

"This is your basic taco dip and exactly what it should taste like," according to gailas3. "Made the cream cheese mixture the night before. It's best to remove the seedy part of the tomato to avoid it turning out too soggy."

"Everyone at the party I brought it to loved it," says Lindsay. "I recommend whipping cream cheese in the mixer first, then slowly adding sour cream to keep it from clumping. I drained the salsa and put it on top of the mixture"

right before serving, then cheese, then lettuce and tomato."

Editorial contributions by Corey Williams

Nutrition Facts

Per serving: 78 calories; total fat 5g; saturated fat 3g; cholesterol 17mg; sodium 204mg; total carbohydrate 5g; dietary fiber 0g; total sugars 2g; protein 3g; vitamin c 6mg; calcium 67mg; iron 0mg; potassium 66mg

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