

live Oil 101

Presented by the *North American Olive Oil Association*



ABOUT EXTRA VIRGIN OLIVE OIL

-  Healthiest option with a broad range of flavors, much like wine
-  Produced through natural crushing of olives without heat or chemicals; retains antioxidants



USES

-  Sautéing, grilling, roasting, baking, pan frying
-  Drizzling, dipping, dressings and marinades
-  **Smoke Point Range**
350° - 410° F

TIP

Extra virgin olive oil can enhance 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
-  **Smoke Point Range**
390° - 468° F

TIP

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



STORING OLIVE OILS

Avoid heat, air and light to prolong the shelf life and maintain quality of olive oil.

HEAT

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

AIR

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.

BOTTOM LINE

Store olive oil in a dark, cool place and use the oil within a few months once opened.

