

# Health Tip of the Month

## Olive Oil - Not Just for Salads

Olive Oil is used in cold salads around the world. Did you know that it is also great to cook with?

Many people are afraid to cook with olive oil because they believe it burns quickly and loses nutritional value. Some believe overcooking produces chemicals that should not be consumed.



**USDA Dietary Guidelines recommend diets low in saturated fat.**

**Olive oil is an unsaturated fat and a heart healthy option!**

**Cook with olive oil. It's as easy as any oil.**

## How to cook with Olive Oil

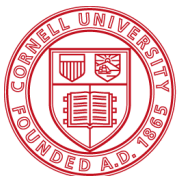
**All oils burn, or reach their smoke point, if they are heated for too long a period of time. This can change the flavor of your oil.**

**Always pour olive oil into a pan before you heat it. Then heat your pan on a low or medium heat, never a high heat.**



**Once your oil is heated, or starts to bubble, you are ready to cook!**

**Toast spices and herbs in pan first to enhance the flavor of your dish. Then add other ingredients.**



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