

# Reduced Sodium

## GOYA® Reduced Sodium Select Spanish Olives Stuffed with Minced Pimientos

*With the main objective of maintaining their unmistakable flavor while lowering the sodium content, Goya Spain offers its Reduced Sodium Select Spanish Olives Stuffed with Minced Pimientos.*

Using the Manzanilla variety, at Goya Spain we prepare two types of low-sodium stuffed olives: **GOYA® Reduced Sodium Spanish Olives Stuffed with Pimientos** and **GOYA® Reduced Sodium Spanish Olives Stuffed with Jalapeños**.

Just like with Reduced Sodium Spanish Olives Stuffed with Pimientos, the filling of Reduced Sodium olives is prepared with **natural**

**minced red pepper paste**, which demonstrates a clear commitment to natural, authentic taste without neglecting the health of those consumers with diets recommended for reducing hypertension and fluid retention. As for the filling for **GOYA® Reduced Sodium Spanish Olives Stuffed with Minced Jalapeños**, we work with jalapeño pepper paste in order to give it a slightly spicy touch.



**GOYA®**  
SPAIN

Containers: Glass jars  
Country of Origin: Spain





## Tasting and food pairings

To highlight the authentic flavor of the olives even more, we recommend a light drizzle of **GOYA® Extra Virgin Olive Oil**.

**GOYA® Reduced Sodium Spanish Olives Stuffed with Pimientos** can be used as appetizers, or an ingredient in salads, and roasted vegetables and meat.



APPETIZERS



SALADS



MEAT



## Suggestions



**Stuffed eggplant:** Cut the **eggplants** in half, scoop out the insides being careful not to get down to the skin, and cook them for several minutes in the microwave making sure they don't lose their texture. Separately, prepare the filling with a sauté of onion, red peppers and tomatoes with **GOYA® Extra Virgin Olive Oil** and add ground chicken meat, the eggplant pulp and **GOYA® Reduced Sodium Spanish Olives Stuffed with Pimientos**. After stuffing the eggplants, all that's left is to cover them with a light cheese and toast them in the oven (au gratin).



**Turkey, ham and stuffed olive roll-ups:** To make this recipe, place slices of deli ham and **GOYA® Reduced Sodium Spanish Olives Stuffed with Pimientos** on top of previously-seasoned **turkey** fillets. Then, roll the meat up and tie them with string to keep the rolls in place. Cook them on low heat in a sauté of onion and sherry wine. Once they are cooked just right, serve the roll-ups sliced with a mild mayonnaise sauce.

### Did you know...?

The eating habits we form in childhood directly influence the eating habits in our adult life. This is also the case for our salt consumption.

**GOYA®**

SPAIN

*If it's **GOYA** ...it has to be good!®*