

Reduced Sodium

GOYA® Reduced Sodium Salad Olives

Within the line of Reduced Sodium products, our GOYA® Salad Olives present themselves as the perfect condiment to use in dressings and salads, providing just the right amount of salt.

Just as with our original product, the basis for this GOYA® Reduced Sodium specialty is the Manzanilla variety olives and the natural roasted red pepper, thus giving salads and pastas a healthy flavor.

Like the products that comprise the Reduced Sodium line, the amount of sodium in GOYA® Reduced Sodium Salad Olives is 25% lower than the original

product, which is equivalent to a 50% reduction in salt.

This commitment to controlling salt intake, thanks to a product that meets current regulations, is further reinforced by using the natural roasted red pepper which accompanies the GOYA® Reduced Sodium Salad Olives. In just one portion of 15 grams of product, there are only 255 mg of sodium.



GOYA
SPAIN

Containers: Glass jars
Country of Origin: Spain



Tasting and food pairings

Just as with our traditional product, **GOYA® Reduced Sodium Salad Olives** make the ideal accompaniment when preparing **pasta** and **cold salads**. The roasted red pepper adds an extra kick of flavor to rice dishes or meat casseroles.



SALADS



RICE



PASTA



Suggestions



Red peppers stuffed with rice: Start with a sauté of onion, garlic, oregano and tomato, and add white wine until it evaporates. Then, mix in goat cheese. Once the cheese has melted, add **GOYA® Reduced Sodium Salad Olives** and cooked rice. Cut the tops off the peppers, emptying all the seeds out, and fill them with the rice. Bake at 320 °F (160 °C) for 20 minutes.



Sweet corn salad: In a bowl, add chopped lettuce, 2 cups of sweet corn, cherry tomatoes and **Reduced Sodium Salad Olives**. Once all the ingredients are mixed, dress the salad with **GOYA® Extra Virgin Olive Oil** and **GOYA® Pedro Ximénez Sherry Wine Vinegar** and this fresh, low-salt salad is ready.



Did you know...?

Roasted red peppers have a mild thermogenic action which increases one's metabolism without raising one's heart rate or blood pressure.

GOYA®

SPAIN

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