

## All-Natural Garlic & Parsley Grapeseed Oil for Dipping and Cooking

Article No. 01527 (374 mL/12.6 fl. oz.) (plastic)

Grapeseed oil is enjoying a rapid rise in popularity today. Although this oil is relatively new to our market, it has been produced and enjoyed in Europe for many years—sold not only as a cooking oil, but also in French pharmacies as a remedy for high cholesterol. In fact, grapeseed oil is one of the only foods shown to not only lower LDL (“bad”) cholesterol, but also increase HDL (“good”) cholesterol—a distinct advantage over other oils. This wonderful oil is now available from Watkins for the home cook concerned with good health and great taste.

Our grapeseed oil is available unflavored or with natural flavoring oils, and enhances your favorite cooking:

- **Garlic & Parsley** is perfect for Mediterranean and other European-style cooking.
- **Delicious:** Unlike canola oil, grapeseed oil has a wonderful, light flavor; unlike olive oil, its light, neutral flavor won’t clash with certain foods.
- **Versatile:** Excellent as a dipping oil, on pastas, for sautéing and stir-frying; as the primary oil in salad dressings and marinades; anywhere you would use cooking oil.
- **Low in saturated fat:** At 8%, it has only half the saturated fat of olive oil; the lowest of all oils except canola.
- **Highest in polyunsaturated fat:** (72%), all as linoleic acid (Omega-6), which has the greatest effect in raising HDL (good) cholesterol and lowering LDL (bad) cholesterol and triglycerides (fat carried in the blood).
- **Environmentally friendly:** Pressed from grape seeds in Italy after wine production, it requires no new farmland or water to produce.
- **Contains antioxidants:** Contains vitamin E, and a group of bioflavonoids known as proanthocyanadins, some of the most powerful known natural antioxidants.
- **High flashpoint:** Highest flashpoint of all cooking oils; less smoke, less danger of burning.

**Note:** We recommend that a customer use a bottle of grapeseed oil within six months. Although grapeseed oil has a higher resistance to rancidity than many oils, it can develop an off taste when stored improperly (e.g. in light or near stove). All oils should be stored in a cool, dark place. Also, unlike many oils, grapeseed oil may be stored in the refrigerator without becoming cloudy.



### Easy Appetizer

Add freshly grated parmesan cheese and Watkins Black Pepper to Garlic & Parsley Grapeseed Oil and dip fresh bread for a delicious appetizer.

### Greek White Bean & Feta Salad

- 3 tbsp/45 mL Watkins Garlic & Parsley Grapeseed Oil
- 2 tbsp/30 mL fresh lemon juice
- 2 tsp/10 mL sugar
- 3/4 tsp/4 mL Watkins Oregano
- 3/4 tsp/4 mL lemon pepper
- 2 cans (16 oz/454 g each) white cannellini or navy beans
- 1/2 cup/125 mL halved and thinly-sliced red onion
- 3 plum tomatoes, seeded and cut into chunks
- 1/4 cup/60 mL pitted Greek olives
- 1/2 cup/125 mL crumbled feta cheese
- Torn dark green lettuce leaves

In large bowl, combine grapeseed oil, lemon juice, sugar, oregano and lemon pepper; mix well. Drain beans and rinse with cold water. Add beans, onion, tomatoes, olives and feta; toss lightly. Chill until serving time. Serve on a bed of lettuce.

Makes 6 servings.