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Why does cooking with grapeseed oil make nutritional sense?

What is Grapeseed Oil?

Grapeseed oil comes from the seeds of the grapes that are used for producing wine. The seeds are not used in making wine, but instead can be dried and pressed to release their natural oil, known as grapeseed oil. Producing grapeseed oil makes good use of an abundant byproduct of wine-making that would otherwise have been wasted.

Grapeseed oil has a stellar nutrition profile and is so versatile it can be used for all of your cooking needs. Make Pompeian Grapeseed Oil a staple in your pantry today!

Nutritional Benefits of Grapeseed Oil Grapeseed oil, like olive oil, is an important component of the Mediterranean diet because it is low in saturated fat, contains no cholesterol and is high in unsaturated fats (monounsaturated and polyunsaturated). Because unsaturated fats do not raise LDL (“bad”) cholesterol levels, the American Heart Association recommends replacing foods high in saturated fat (like butter) with foods high in unsaturated fats (like grapeseed oil). This will help to reduce your risk of heart disease.

Grapeseed oil is also an excellent source of vitamin E, with 25% of the recommended daily value in a one tablespoon serving! Vitamin E is an antioxidant that protects your body’s cells from damage caused by free radicals. Vitamin E is also needed by your body to keep your immune system strong.

Cooking with Grapeseed Oil Grapeseed oil has a light, clean, delicately nutty taste that enhances the flavors of your food. It works well in marinades, salad dressings and sauces without overpowering delicate flavor combinations like a stronger-tasting oil might do. Grapeseed oil also has a very high heat cooking capability (the highest of all Pompeian oils – 420°-510°F!) which means that you will use less oil and it can be used in stir-frying, sautéing, and baking without smoking or burning.

Grapeseed oil’s high smoke point and delicate flavor make it exceptionally versatile.



POMPEIAN OIL SMOKE POINTS

	SALADS, SAUCES & MARINADES	ROASTING & SAUTÉING	BAKING	FRYING
EVOO	310-340° F			
CLASSIC		370-390° F		
LIGHT TASTING			390-410° F	
OLIVEXTRA			410-425° F	
OLIVEXTRA PLUS			410-425° F	
GRAPSEED OIL				420-510° F

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Try this delicious recipe using Pompeian Grapeseed Oil!

Lentils with Tomatoes and Curry Oil

Serves 4

Ingredients

Curry Oil

- 1/2 cup **Pompeian Grapeseed Oil**
- 1/2 tsp. dried red pepper flakes
- 1 Tbsp. grated ginger
- 2 tsp. grated lemon zest
- 2 medium garlic cloves, minced
- 1 Tbsp. curry powder
- 2 tsp. ground cumin
- 1/2 tsp. ground nutmeg

Lentils

- 4 cups water
- 1 cup dried lentils, rinsed and drained
- 1/2 tsp. salt

Topping

- 5 ounces grape tomatoes, halved
- 1/2 cup cilantro, chopped
- 3/4 tsp. salt or to taste
- 1/2 tsp. coarsely ground black pepper
- 2 Tbsp. **Pompeian Grapeseed Oil**
- 2 cups onion, diced
- 3 medium carrots, peeled and thinly sliced

Preparation

1. In a large saucepan, bring water to a boil, add the lentils, return to a boil, reduce heat, cover and simmer 20 minutes or until lentils are just tender.
2. Meanwhile, in a small saucepan, heat the oil and pepper flakes over medium heat until just warmed; do not bring to a boil. Remove from heat, stir in the remaining oil ingredients, cover and set aside.
3. Heat 2 tablespoons of oil in a large, nonstick skillet over medium-high heat. Cook the onions and carrots 10 minutes or until beginning to brown on edges, stirring occasionally. Add the tomatoes and cook 3 minutes or until tomatoes are soft, stirring frequently. Add the cilantro, 3/4 teaspoon salt and black pepper and cook 30 seconds.
4. Drain lentils well. Place in a shallow pasta bowl. Stir in 1/2 teaspoon salt. Spoon the tomato mixture on top of the lentils and spoon the oil evenly over all.



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