

Fried Olives

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Food Network Magazine - March 2020

*1 link (3 ounce) hot Italian
sausage, casing removed
2 tablespoons grated
Parmesan cheese
1 tablespoon chopped
parsley
20 large pitted green olives
3/4 cup breadcrumbs
1/4 cup Parmesan cheese
1 cup flour
2 eggs, beaten*

In a bowl, mix the sausage, two tablespoons
grated Parmesan and chopped parsley.

Cut open the olives (do not fully cut in half).
Stuff with the sausage mixture. Press closed
(it's OK if the olives don't close completely).

In a bowl, mix the breadcrumbs with 1/4 cup of
the Parmesan. Dredge the olives in one cup of
flour. Dip in the beaten eggs and dredge in the
breadcrumb mixture.

Working in batches, deep fry the olives in 350
degrees vegetable oil until golden, about 4
minutes. Drain on paper towels.

Per Serving (excluding unknown
items): 842 Calories; 29g Fat
(31.8% calories from fat); 39g
Protein; 103g Carbohydrate; 7g
Dietary Fiber; 448mg Cholesterol;
1470mg Sodium. Exchanges: 6 1/2
Grain(Starch); 3 1/2 Lean Meat; 0
Vegetable; 0 Fruit; 3 1/2 Fat.