

Reduced Sodium

Line of GOYA® Reduced Sodium products

The GOYA® Reduced Sodium product line is made up of a range of specific products that we here at Goya Spain can offer our customers as alternatives with less sodium, while maintaining our incomparable flavor and quality.

The line of GOYA® Reduced Sodium products includes *Manzanilla Olives*, *Manzanilla Olives Stuffed with pimientos or jalapeños*, *pitted Alcaparrado Manzanilla Olives*, *Salad Olives*, and *Spanish and Nonpareils Capers*.

We offer an alternative for customers who worry about the amount of sodium in their foods, as well as those who are prone to hypertension and fluid retention. The line of GOYA® Reduced Sodium products complies with current regulations. Their

sodium content is 25% lower than the original products, which is equivalent to a 50% reduction in salt.

Goya Spain always preserves the original aromas and flavors of the product. In developing the products in this line we have paid the greatest attention to improving it even more. Despite reducing the amount of salt, a natural flavor enhancer, we've met the challenge of maintaining the authentic tastes and aromas of our ingredients.



GOYA®
SPAIN

Container: Available in glass jars
Countries of origin: Spain



Tasting and food pairings

For the assortment of **GOYA® Reduced Sodium** olives, a light sprinkling with our **Extra Virgin Olive Oil** will allow us to enhance their unmistakable taste.

Just as with the original **GOYA®** products, the line of our **Reduced Sodium products** possesses great versatility: They can be used as appetizers or entrées at lunch or dinner, or as an original condiment or star ingredient in all kinds of dishes such as salads, casseroles or stews.



APPETIZERS



LEGUMES



FISH



VEGETABLES



Suggestions



Stuffed tomatoes: To prepare this light entrée, cut the tops off the tomatoes and scoop out the seeds and pulp, seasoning the tomatoes with pepper to taste. Crumble some canned tuna fish and mix it with the tomato pulp, cream cheese, **GOYA® Reduced Sodium Manzanilla Olives Stuffed with pimientos**, corn, basil, and our **Extra Virgin Olive Oil**. Fill the tomatoes, arrange them on a plate and place it in the oven, preheated to 356°F (180°C), for about 10 minutes. Let cool before serving.



Chicken with capers: : In a frying pan, cook several cloves of garlic in **GOYA® Olive Oil** until golden brown, and cook the outsides of the chicken breast fillets slightly. When ready, add a small carton of cream, a small glass of beer and **GOYA® Reduced Sodium Capers**. Cook for 10 minutes on medium heat so that the beer evaporates and the cream takes on a sauce texture, and we'll have a healthy dish ready, full of flavor, and with all the nutrients.

Did you know...?

Salt is closely linked to economic transactions throughout history. The word "salary" comes from the payment (in gold, not in salt) of the soldiers responsible for ensuring the security of the salt route that lead to Rome.

GOYA®

SPAIN

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