In spring, the olives are reinvented

The first sunbeams mark the change of season. With spring comes an explosion of life in the countryside, parks and gardens. The milder temperatures and increased hours of sunlight encourage us to go back for the streets, enjoying the terraces and snack.

Olives are the queens of tapas. There are reasons. An essential pillar of the Mediterranean diet, allow us to socialize with friends, while enjoying a tasty snack at any time of day, while our body benefits from its many properties with a caloric intake of 37 kcal seven units.

Source of minerals such as calcium, phosphorus and iron, fiber and vitamins like E, they are delicious seasoned with products of full season in spring like spinach or asparagus and white asparagus.

Cook separately the white asparagus, carrots and asparagus: Cut vegetables into even pieces and mix in a bowl with tuna belly, olives and olive oil. Add salt and stir.

Black olives with fresh spinach from the garden: Make a vinaigrette with olive oil, honey, balsamic vinegar and salt. Add the anchovies and mix with the spinach leaves. Mix well and thereby aliñamos black olives in a bowl.