

**Article No. 1528** (375 mL/12.7 fl. oz.) (glass)

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:

- **Citrus & Cilantro** is just right for Southwestern, Caribbean, and contemporary Asian 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 is all natural and 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.



### Southwestern Dressing

*Use a dressing for taco salads or tossed salads. Also can be used as a marinade for grilled chicken or ribs.*

- 1 cup/250 mL tomato juice or vegetable juice cocktail
- 1 tbsp/15 mL **Watkins Citrus & Cilantro Grapeseed Oil**
- 1 tbsp/15 mL fresh lime juice
- 1 tbsp/15 mL **Watkins Chili Seasoning**
- 1/8 tsp/0.6 mL **Watkins Red Pepper Flakes**

Combine all ingredients in shaker container or glass jar with tight-fitting lid. Shake until all ingredients are well-combined.

Makes about 1 cup/250 mL.