

# Easy Mediterranean Marinated Olives

Hands-on 10 minutes Overall 4 hours

**Nutritional values (per serving, 1/4 cup/ 34 g/ 1.2 oz):** Total carbs: 1.9 g, Fiber: 1.2 g,

**Net carbs: 0.7 g,** Protein: 0.6 g, Fat: 11.4 g, Calories: 109 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes about 6 servings)

1 1/2 cups drained mixed olives in brine (200 g/ 7.1 oz)

2 small garlic cloves, crushed

2-3 sprigs rosemary, roughly chopped

2 medium bay leaves

3-4 strips lemon zest

4 tbsp lemon juice (60 ml/ 2 fl oz)

1/2 cup [extra virgin olive oil](#) (120 ml/ 4 fl oz)

1/2 tsp sea salt

*Note: Nutrition facts are estimated as the vast majority of ingredients are used only for marinating. Don't waste the marinating liquid! It can be reused for another batch or simply drizzle over salads!*

## Instructions

1. Zest the lemon using a vegetable peeler to peel thin strips. Then cut the lemon in half and juice.
2. Drain and rinse the olives and add to a bowl or jar with the herbs, garlic and lemon zest. We used a combination of green Italian Nocellara olives and black Greek kalamata olives.
3. Measure out 4 tablespoons of the lemon juice, and combine with the oil and salt. Stir well until the salt dissolves.
4. Pour over the olives. Marinate at least four hours before serving, ideally overnight. The flavours will intensify the longer the olives are left to marinate.
5. To serve, simply strain the liquids and serve at room temperature, or add to a preheated oven for 5 minutes to warm them slightly — this will help bring out their flavourings. The olives will last up to a month in a sealed container in the fridge, as long as they are completely submerged in the marinating liquid. The olive oil will solidify in the fridge which creates a barrier and helps to preserve the olives longer.

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