

SIDE DISH

Baked Stuffed Olives

28 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	48	\$0.13	34 kcal

Discover a delightful twist on classic appetizers with these Baked Stuffed Olives! Perfect for any gathering or as a unique side dish, these olives are packed with flavor and sure to impress your guests. The combination of ground pork, aromatic garlic, and fresh parsley creates a savory filling that...

Ingredients

- ☐ 1 teaspoon freshly ground black pepper, divided
- ☐ 2 cups dried bread crumbs or panko (Japanese bread crumbs)
- ☐ ¼ teaspoon cayenne
- ☐ 2 eggs
- ☐ ¼ cup flat-leaf parsley leaves
- ☐ ½ cup flour
- ☐ 4 garlic cloves
- ☐ ¼ pound ground pork (see Notes)
- ☐ 48 large 48 very large pitted green olives (see Notes)
- ☐ ½ cup finely shredded parmesan cheese
- ☐ 1 teaspoon salt, divided

EQUIPMENT Food processor, Bowl, Baking sheet, Paper towels, Oven, Ziploc bags, Colander

Method

- 1

Preheat oven to 37
- 2

Drain olives in a colander, then in a single layer on several layers of paper towels to further drain and dry off a bit.

- 3 In a food processor, pulse garlic until minced, scraping down sides as needed.
- 4 Add parsley and pulse until minced, scraping down sides as needed.
- 5 Add pork, 1/2 tsp. salt, 1/2 tsp. pepper, and parmesan. Whirl to blend.
- 6 Using your fingers or a small spoon, stuff each olive with 1/4 to 1/2 tsp. pork mixture. Re-form olive around mixture if necessary. (The breading and baking will keep them together once they're cooked.)
- 7 In a resealable plastic bag, combine flour, remaining 1/2 tsp. salt, remaining 1/2 tsp. pepper, and the cayenne. Put stuffed olives in the bag and toss to coat.
- 8 Remove the olives and place, in a single layer, on a dry surface, shaking off excess flour.
- 9 In a medium bowl, beat eggs with 2 tbsp. water. Next to the eggs, set up a large plate or shallow bowl and fill with bread crumbs. On the other side of the bread crumbs, set a large baking sheet.
- 10 Dip floured olives, a few at a time, in egg mixture and let excess drip off; then roll olives in bread crumbs or panko, tap excess off, and set coated olives on baking sheet. This process is easier if you keep one hand "dry" (to put floured olives in egg mixture and take coated olives out of bread crumbs) and one hand "wet" (to move olives from egg to bread crumbs).
- 11 Bake olives until golden and sizzling, about 20 minutes.
- 12 Serve warm.

Nutrition per serving

	34 KCAL	2 g PROTEIN	2 g FAT	3 g CARBS
Saturated Fat				0.5 g · 3% of daily needs
Fibre				0.3 g · 1% of daily needs
Sugar				0.2 g · 0% of daily needs
Sodium				150 mg · 7% of daily needs
Cholesterol				9.2 mg · 3% of daily needs

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