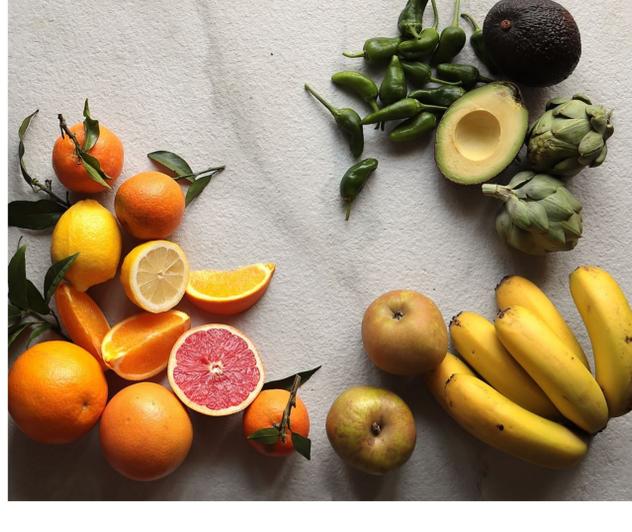


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DESTINATION DINING

THESE SPANISH PRODUCTS MAY HOLD THE KEY TO HAPPINESS

by **CNT x Spain Food Nation** March 30, 2022 [f](#) [t](#) [p](#)



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From sparking fond memories of your childhood to reminding you of happy moments from later in life, most memorable occasions come laden with delicious foods. But some products and dishes, in particular, have a positive impact on mood, packing a sense of well-being with every flavourful bite.

These feel-good foods should be a staple in your daily diet – and many of them are made with the highest quality in Spain.



Fruits and vegetables: symbols of a healthy life

Nestled in the heart of the Mediterranean, Spain's location means it has the climatic conditions and rich soil perfect for growing world-class fruits and vegetables. These include citrus fruits (the country is the world's leading citrus exporter), which have their Eden on earth in Valencia: from oranges and tangerines to grapefruits and lemons, these fruits are an explosion of freshness and flavour. Eat them in segments, juice them, turn them into a dressing; can you think of an easier way to lift your mood?

But wait, there's more! Because if we're talking about Plátano de Canarias (Canary Islands bananas), the list of positive vibes grows longer. This culinary delight has its own protected geographical indication (PGI) and is well-known for the idyllic conditions in which it is grown: mild temperatures, low rainfall and a tropical climate worthy of paradise itself.

Something different, but just as beneficial, happens with another Spanish culinary treasure: alcachofa de Benicarló (Benicarló artichokes), grown in a Mediterranean climate that gives them their characteristic round and compact shape and exquisite taste. This lighter fare is great for digestion, and the feeling of well-being after eating a plateful of these delights is well worth mentioning. Pemento de Herbón (Herbón peppers) from Galicia are another thing entirely. Deliciously tempting, these peppers are popularly known as Padrón peppers and their charm lies in their capacity to provoke hilarious scenes among friends when they remember—and experiment first-hand—that famous warning: “some are spicy and some aren't”. The only choice is to try your luck.

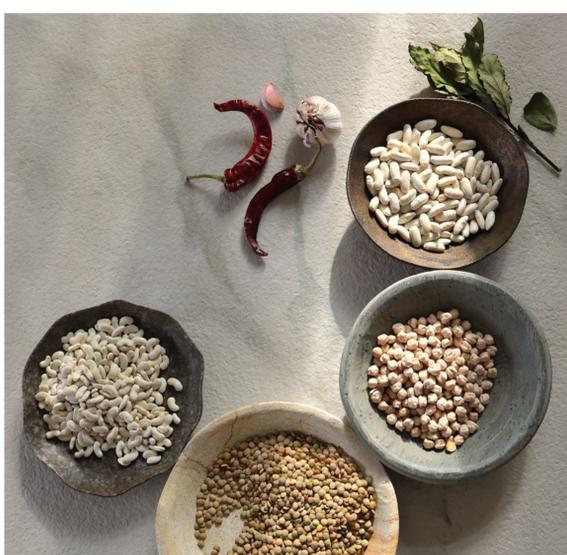
But the list of Spanish fruits and vegetables guaranteed to boost your mood is endless, and both a piece of manzana Reineta del Bierzo (Reineta del Bierzo apple), which the Romans introduced to this region of Leon, and avocados grown along Granada's tropical coast, are the perfect breakfast or snack to bring a smile to your face. A more-than-deserved *break* guaranteed to bring a moment of happiness to any dull work day. With these kinds of products available, if you're not happy living in Spain, it's because you don't want to be!

Dairy to fight any bad mood

Time to switch gears Because it turns out that milk is tasty: very, very tasty. Who doesn't remember that glass of milk before school that used to brighten every day? Or a warm glass of milk before bedtime? Is there anything that you enjoyed more as a child? That is a memory we can relive not just with milk, but all its derivatives. And we're talking about yoghurts, curds and mouth-watering cheeses, whether Manchego, Palmero, Tetilla, Cabrales, or any of the more than 200 types made in Spain: what a pleasure it is to have so many to choose from.

Yet there's a way to take this pleasure up a notch: by pairing this celebration of cheese with culinary delicacies like delicious grapes or healthy nuts and dried fruit. And you know what? Marcona almonds, walnuts, fig bread or dates add the perfect touch to the experience.

Pulses for happiness



Spain—and its gastronomic repertoire—saves nothing when it comes to such an appealing yet healthy food as pulses. Consumed in this part of the world since agriculture has existed, the immense number of recipes that feature everything from beans to lentils evidence the country's culinary richness and voracious appetite!

However, we're not here to talk about history, but about how these delicacies help to serve up happiness. Because whether you're enjoying a big plate of lenteja de La Armuña (La Armuña lentils), a hearty garbanzo de Escacena (Escacena chickpea stew), or bean stews like the famous Fabes Asturianas and Mongetas del Ganxet, a good mood isn't far behind. And why is that? Because all these dishes are comfort foods, dishes Spanish mothers and grandmothers used to cook and ones that you can eat today for the simple pleasure (and happiness) of remembering your childhood, when life was much simpler and you didn't have a care in the world. Ready to get trendy?

A glass of grape

How about two? While Spanish grapes, produced from the country's almost million hectares of cultivated vineyards, provide endless reasons for enjoying a glass or two, we can't deny the simple fact is that imagining having a glass and good times with friends, or a glass to celebrate the end of the day, already pumps up the endorphins. Montilla-Moriles (or a Toro, a Cava, or any of the more than 90 DO grapes in Spain for that matter) are all some of the finest in Europe.

So next time you're in the mood to eat, enjoy and be happy, just reach for a taste of Spain.

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