

# HEART HEALTHY AVOCADOS FOR YOUR STARTING LINEUP.



WORTH EVERY BITE.

## FAMILY MEALS RECIPE BOOK

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While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

Enjoying more family meals at home is a simple way to improve your family's nutrition. So the next time your family gathers together to cheer on your favorite teams, take a timeout to gather around the table and enjoy a delicious family meal!

## WHY DO FAMILY MEALS MATTER?

- 1 Eating more frequent family meals is associated with higher fruit and vegetable intake.<sup>1</sup>
- 2 Children who participate in home food preparation eat more from all food groups and have healthier diets overall.<sup>2</sup>
- 3 Regular family meals eaten at home have been proven to benefit the health and wellness of children and adolescents, fight obesity and reduce substance abuse and violence.<sup>3</sup>

1. Walton, K. et al. Exploring the Role of Family Functioning in the Association Between Frequency of Family Dinners and Dietary Intake Among Adolescents and Young Adults. *JAMA Netw Open*. 2018 Nov; 1(7): 185-217.

2. van der Horst, K., Ferrage, A., Rytz, A. Involving children in meal preparation. Effects on food intake. *Appetite*. 2014; 79:18-24.

3. Harrison, ME., Norris, ML., Obeid N., Weinstangel, H., Sampson, M. Systematic review of the effects of family meal frequency on psychosocial outcomes in youth. *Canadian Family Physician*. 2015 Feb; 61.

# THE WINNING FAMILY MEAL PLAYBOOK

Avocados provide good fats (monounsaturated and polyunsaturated fats) to the diet. These good fats help the body absorb nutrients without raising LDL (bad cholesterol levels).

Scientific research suggests that people who eat meals at home as a family may enjoy a multitude of nutrition, health and social benefits.<sup>1,2,3</sup>

Start by adding avocados to your home-prepared meals and snacks. Nutrient dense and contributing good fats to the diet, avocados turn good dishes into kid-pleasing dishes.

A systematic review of 14 studies provided further support that frequent family meals should be endorsed.

It suggested that healthcare practitioners should educate families about the benefits of having regular meals together as a family.<sup>2</sup>

1. Gillman MW, Rifas-Shiman SL, Frazier AL, Rockett HR, Camargo CA Jr, Field AE, Berkey CS, Colditz GA. Family dinner and diet quality among older children and adolescents. *Arch Fam Med*. 2000 Mar;9(3):235-40.

2. Harrison, ME., Norris, ML., Obeid N., Weinstangel, H., Sampson, M. Systematic review of the effects of family meal frequency on psychosocial outcomes in youth. *Canadian Family Physician*. 2015 Feb; 61

3. Berge, J. M., Hanson, C., & Draxten, M. (2016). Perspectives About Family Meals from Racially/Ethnicity and Socioeconomically Diverse Households With and Without an Overweight/Obese Child. *Childhood obesity*, 12(5), 368–376.

Heart-Check certification does not apply to information.

## ADD THEM TO SALADS, SANDWICHES, BURGERS AND WRAPS—AVOCADOS TURN ANY GOOD RECIPE INTO A WINNING FAMILY MEAL!



### KEY BENEFITS

- ▶ Fresh avocados are a **HEART HEALTHY** fruit. They provide naturally good fats, are low in saturated fat, and are cholesterol- and sodium-free.
- ▶ Avocados are **NUTRIENT DENSE** because they contribute nearly 20 vitamins and minerals.
- ▶ The **GOOD FATS** in avocados aid in the absorption of fat-soluble nutrients from foods that are eaten with the fruit.



Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to serving suggestions or recipes.

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# AVOCADO LAYERED TACO SALAD

## AVOCADO LAYERED TACO SALAD

MAKES 10 SERVINGS

### INGREDIENTS

- 2 ripe Avocados From Mexico, sliced
- 1 lb. Ground turkey (extra lean), cooked
- 1 TB Taco seasoning packet, 40% reduced-sodium (or combine paprika, chipotle, cumin, garlic powder)
- 6 c. Romaine or iceberg lettuce, chopped
- 1 c. American cheese, shredded
- ½ c. Non-fat sour cream
- 1 c. Cherry tomatoes, chopped
- ½ c. Red onion, chopped
- ¼ c. Green onion, chopped
- ¼ c. Cilantro, chopped
- 1 can (15oz) Low sodium black beans, drained and rinsed
- 1 can (12oz) Corn, drained
- 2 c. Corn tortilla chips, gently crushed (added to salad)
- ½ c. Thousand Island Dressing, lite

### INSTRUCTIONS

1. Prepare cooked taco meat according to package directions.
2. Prior to serving, to create a colorful display, layer your salad ingredients.
3. Start with salad greens on the bottom and place cooked meat in the center. Layer ingredients one by one next to each other.
4. When you're ready to serve, blend ingredients together with salad dressing and tortilla chips.

Nutrition Facts (Per serving = 1/10 of recipe) | Calories: 280, Total Fat: 14g, Cholesterol: 35mg, Sodium: 460mg, Total Carbohydrates: 25g, Dietary Fiber: 6g, Sugar: 7g, Protein: 17g

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# AVOCADO RAINBOW SLAW

## AVOCADO RAINBOW SLAW

MAKES 6 SERVINGS

### INGREDIENTS

- 2 ripe Avocados From Mexico, diced
- 3 c. Red cabbage, shredded
- 1 c. Carrots, shredded
- 1 ea. Red bell pepper, sliced into strips
- ¼ c. Green onions, chopped
- ½ c. Cilantro, chopped
- ½ c. Frozen edamame soybeans, cooked
- 3 TB Pumpkin seeds, toasted

### SALAD DRESSING

- ¼ c. Lime juice
- 4 TB Honey
- 2 TB Apple cider vinegar
- ¼ t. Ground cumin
- 1 TB Olive oil

### INSTRUCTIONS

1. In a large bowl, combine cabbage, carrots, bell pepper, cilantro, green onions and edamame.
2. In a separate bowl, whisk together lime juice, honey, vinegar, cumin and olive oil to make dressing.
3. Pour dressing over cabbage mixture and combine until well blended. Gently blend in diced avocado.
4. Top with toasted pumpkin seeds and serve.

Nutrition Facts (Per serving = 1/6 of recipe) | Calories: 230, Total Fat: 15g, Cholesterol: 0mg, Sodium: 25mg, Total Carbohydrates: 26g, Dietary Fiber: 7g, Sugar: 14g, Protein: 5g

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# MANGO AND TOMATILLO GUACAMOLE WITH QUESO FRESCO

## MANGO AND TOMATILLO GUACAMOLE WITH QUESO FRESCO MAKES 4 SERVINGS

### INGREDIENTS

- 3 ea. Avocados From Mexico, halved, pitted and peeled
- 2 ea. Tomatillos, finely chopped
- 1 c. Fresh mango, peeled and diced small
- ¼ c. Red onion, finely chopped
- ¼ c. Cilantro, finely chopped
- 1 ea. Jalapeño, seeded and minced
- 2 TB Lime juice
- 1 t. Salt
- ½ c. Queso fresco, crumbled

### INSTRUCTIONS

1. In a large bowl, mash the avocados to desired consistency.
2. Fold in tomatillos, mangoes, onions, cilantro, jalapeños, lime juice, and salt until well combined. Top with queso fresco.



Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 210, Total Fat: 17g, Cholesterol: 5mg,  
Sodium: 480mg, Total Carbohydrates: 15g, Dietary Fiber: 7g, Sugar: 5g, Protein: 4g

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# FIESTA MASON JAR AVO CHICKEN SALAD TO-GO

## FIESTA MASON JAR AVO CHICKEN SALAD TO-GO

MAKES 4 SERVINGS

### INGREDIENTS

- 2 ripe Avocados From Mexico, diced
- 4 Glass mason jars, washed and dried
- 2 c. (8oz) Rotisserie chicken, cooked and shredded
- ¼ c. Red onion, diced
- 1 TB Fresh cilantro
- 3 TB Lime juice
- 1 t. Olive oil
- 2 c. Romaine lettuce, chopped
- 1 c. Cherry tomatoes, chopped
- ½ c. Carrots, shredded
- Tortilla chips (optional)

### INSTRUCTIONS

1. In a large bowl, combine shredded chicken, avocado, onion and cilantro, 2 TB lime juice and olive oil. Gently combine until blended well. Set aside (or refrigerate).
2. Line up mason jars to create your to-go salads.
3. Place avocado chicken salad mixture, carrots, chopped tomatoes and lettuce in jar and squeeze 1 TB of lime juice on top.
4. Pack tortilla chips in a separate bag to crush on top before eating.

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 270, Total Fat: 18g, Cholesterol: 50mg, Sodium: 200mg, Total Carbohydrates: 14g, Dietary Fiber: 8g, Sugar: 2g, Protein: 19g

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# MEXICAN CORN SALAD WITH AVOCADO

## MEXICAN CORN SALAD WITH AVOCADO

MAKES 6 SERVINGS

### INGREDIENTS

- 1 ea. Avocado From Mexico, diced
- 4 c. Fresh corn, cooked and cut off the cob
- ¼ c. Sour cream
- ¼ c. Cilantro, roughly chopped
- 1 TB Lime juice
- 1 t. Chili powder
- ¼ c. Cottage cheese

### INSTRUCTIONS

1. In a large bowl, combine corn, sour cream, cilantro, lime juice, and chili powder; mix well.
2. Gently fold in avocado and top with cottage cheese.



Nutrition Facts (Per serving = 1/6 of recipe) | Calories: 170, Total Fat: 9g, Cholesterol: 10mg,  
Sodium: 90mg, Total Carbohydrates: 23g, Dietary Fiber: 4g, Sugar: 3g, Protein: 5g

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# SHRIMP AND STEAK FAJITA KEBABS

## SHRIMP AND STEAK FAJITA KEBABS

MAKES 6 SERVINGS

### INGREDIENTS

- 2 ripe Avocados From Mexico, cut into large cubes
- 6 Barbeque skewers, metal or bamboo
- ½ lb. Medium shrimp
- ½ lb. Sirloin steak (or other lean cut), cut into 1-inch pieces
- 1 packet Taco seasoning, 40% reduced-sodium
- 2 TB Lime juice
- 2 TB Hot sauce
- 3 Corn cobs, cut into 1-inch pieces
- 1 Large red onion, cut into large pieces
- 6 Jalapeño (or serrano) peppers
- 2 Flour tortillas (6-inch), cut into 3 pieces each
- 1 Lime, cut into 6 slices

### INSTRUCTIONS

1. In a large bowl, toss shrimp and steak with taco seasoning, lime juice and hot sauce.
2. Thread pieces of meat and seafood alternating with corn, onion, jalapeño and avocado. Season with salt, pepper and lime juice, as desired.
3. Heat grill to high. Place skewers on grill for 6-8 minutes until meat is cooked.
4. Serve with lime wedges and tortilla pieces.

Nutrition Facts (Per serving = 1/6 of recipe) | Calories: 280, Total Fat: 16g, Cholesterol: 70mg, Sodium: 550mg, Total Carbohydrates: 23g, Dietary Fiber: 8g, Sugar: 3g, Protein: 16g

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