LOVE AVOCADOS IN A HEALTHY MEDITERRANEAN-STYLE EATING PATTERN

One of three healthy eating patterns to meet nutrient Dietary Guidelines for Americans (DGA) standards, the Healthy Mediterranean-Style is reflective of the eating patterns associated with positive health outcomes in scientific studies and emphasizes fruits and vegetables, whole grains and good fats from nuts, fish and olive oil, with small amounts of meat and dairy. The diet also recommends seasoning foods with herbs and spices, rather than salt, and savoring small amounts of polyphenol-containing treats like dark chocolate and red wine.

Although they are not native to Mediterranean countries, fresh avocados fit right in with a Healthy Mediterranean-Style Eating Pattern. One serving of avocado, one-third of the fresh fruit, contains 5 grams of monounsaturated fatty acids (MUFA), a hallmark nutrient of Mediterranean eating that can help the body absorb fat-soluble nutrients such as vitamins A, D, K and E.

PER SERVING (1/3 OF A MEDIUM AVOCADO)
FRESH AVOCADOS CONTRIBUTE SIX GRAMS OF NATURALLY GOOD FATS, A GOOD SOURCE OF FIBER AND NEARLY TWENTY ESSENTIAL VITAMINS + MINERALS TO THE DIET, MAKING THEM A HEALTHY, NUTRIENT-RICH & VERSATILE FOOD CHOICE TO INCLUDE IN THE HEALTHY MEDITERRANEAN-STYLE EATING PATTERN.

Is this meal plan on track with the DGA?
When included in a 2,000-calorie diet, the meal plan above meets DGA recommendations of:

- < 10% saturated fat
- < 10% added sugars
- < 2,300 mg sodium
- Protein DV (50g)
- Fiber DV (28g)
- Majority of fat is good fat.

These are some of the key dietary recommendations outlined by the DGA; the Physical Activity Guidelines for Americans should also be met in order to achieve an overall healthy lifestyle.
AVOCADO SHAKSHUKA

**PREP TIME:** 10 minutes  |  **COOK TIME:** 35 minutes  |  **TOTAL TIME:** 45 minutes  |  **SERVINGS:** 6

**INGREDIENTS:**
1 Tbsp. olive oil
1 medium onion, diced
1 medium red bell pepper, seeded, thinly sliced
2 cloves garlic, minced
3/4 tsp. ground cumin
1/2 tsp. salt

1/2 tsp. ground black pepper
1 can (28-ounces) crushed tomatoes
1 ripe, fresh Hass Avocado, halved, pitted
8 large eggs
Crumbled feta cheese, optional
Cilantro leaves, optional

**INSTRUCTIONS:**
1. Heat oil in a large deep skillet over medium heat. Add onion and bell pepper. Cook, stirring frequently, about 12 minutes, until softened. Add garlic, cumin, 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Cook 2 minutes longer.
2. Stir in tomatoes. Simmer, stirring occasionally, 10 minutes. Stir in avocado.
3. Use a spoon to poke 8 deep indentations in the sauce. Crack an egg into each. Sprinkle eggs with remaining 1/4 teaspoon each salt and pepper.
4. Cover skillet. Let sauce simmer 7 to 10 minutes, until the whites are cooked but the yolks are just beginning to set.

**SERVING SUGGESTION:** 1 slice of whole-wheat toast, 1 cup of blueberries

GRILLED CHICKEN FLATBREAD WITH AVOCADO YOGURT

**PREP TIME:** 20 minutes  |  **COOK TIME:** 10 minutes  |  **TOTAL TIME:** 30 minutes  |  **SERVINGS:** 4

**INGREDIENTS:**
1 ripe, Hass Avocado, halved, peeled and cubed
1Tbsp. fresh lemon juice, divided
1/4 tsp. black pepper
1 cup grape tomatoes, halved
2 Tbsp. chopped fresh dill
2 grilled chicken cutlets, sliced (about 2-ounces each)
4 whole-wheat pitas or flatbreads

**INSTRUCTIONS:**
1. In a medium bowl, combine cucumber, onion and salt. Let stand 20 minutes.
2. In a blender, combine half of the avocado, yogurt, 2 tablespoons of water, half of the lemon juice, pepper, pureè until smooth.
3. Drain cucumber mixture; add tomatoes, dill, remaining lemon juice and remaining cubed avocado; stir to combine.
4. Spread pitas with avocado pureè. Top with chicken and cucumber mixture.

**SERVING SUGGESTION:** sweet potato fries (approx. 12 fries), 1 apple

OVEN-ROASTED SALMON WITH AVOCADO CITRUS SALSA

**PREP TIME:** 15 minutes  |  **COOK TIME:** 10 minutes  |  **TOTAL TIME:** 25 minutes  |  **SERVINGS:** 4

**INGREDIENTS:**
1 ripe, fresh Hass Avocado, halved, pitted, peeled and diced
3 Tbsp. fresh lime juice
1 ripe navel orange, peeled and diced
1/4 cup diced seedless cucumber
1/2 cup diced seedless cucumber
1/2 cup dilled scallions
1 jalapeño pepper, seeded, finely diced
2 Tbsp. chopped fresh cilantro
1/2 tsp. salt, divided

1/4 cup finely diced scallions
1 jalapeño pepper, seeded, finely diced
2 Tbsp. chopped fresh cilantro
1/2 tsp. salt, divided
4 skinless salmon fillets (approximately 2-ounces each)

**INSTRUCTIONS:**
1. In a medium bowl combine avocado, lime juice, orange juice, cucumber, onion, jalapeño, cilantro and 1/4 teaspoon of the salt; set aside.
3. Season salmon with remaining 1/4 teaspoon salt.
4. Arrange fillets on a lightly greased foil-lined rimmed baking sheet.
5. Broil salmon 4 inches from heat source until cooked through, 8 to 10 minutes.
6. To serve, place fillets on a platter; top with salsa.

**SERVING SUGGESTION:** serve over 3/4 cup brown rice, top with 1/3 cup steamed corn, 1 cup steamed or sauteed snap peas

MAYO-FREE AVOCADO TUNA SALAD

**PREP TIME:** 10 minutes  |  **COOK TIME:** 10 minutes  |  **SERVINGS:** 4

**INGREDIENTS:**
2 to 4 slices of gluten-free bread toasted and cut diagonally
1/3 cup celery, finely chopped
1/4 of a Fuji apple, finely chopped into thin matchsticks
1 ripe, fresh Hass Avocado, peeled, pitted and cubed
1 Tbsp. fresh lemon juice Black pepper, to taste

2 1/2 cans (7-ounces) of olive oil packed light mayonnaise
2 Tbsp. Dijon mustard
2 Tbsp. red onion, finely chopped

**INSTRUCTIONS:**
1. In a large mixing bowl, combine the tuna, Dijon mustard, onion, celery and apple slices.
2. Add in lemon juice and black pepper to taste. Using a spatula, gently fold in the avocado cubes.
3. Spoon the tuna salad gently over toast.

**SERVING SUGGESTION:** 1 cup grapes, 1-ounce dark chocolate

Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.

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