



NUTRITIOUS FAMILY MEALS MADE EASY WITH FRESH AVOCADOS

Create the plate to manage weight

Incorporating foods from all food groups into meals and snacks is essential for good health and weight management. Start by making half your plate fruits and vegetables. Then, aim to make half your grains whole grains, vary your sources of protein, such as lean meat, poultry, seafood, or beans and opt for low- or non-fat dairy. Find what works for you and your family's personal and cultural preferences, health goals and budget, while prioritizing foods lower in saturated fat, sodium, and added sugars.

Make half your plate fruits and vegetables

Fruits and vegetables add vibrant color, flavor, texture and of course, essential nutrients like potassium, dietary fiber, vitamin C, folate and others to meals. When eaten as part of an overall healthy diet, they can help maintain health and reduce disease risk. Consuming a healthy eating pattern and increasing physical activity prevents weight gain and promotes weight loss. Avocados are nutrient-dense and can be embraced in a healthy eating pattern.

Including fresh avocados in meals is a tasty step toward meeting the recommended daily intake of fruits and vegetables. One-third of a medium avocado contains only 80 calories and contributes nearly 20 vitamins, minerals, and beneficial plant nutrients to enrich the nutrient quality of the diet. They're also a good source of fiber, which can help you feel fuller faster and manage weight.

Step up nutrition and flavor with fresh avocado

Simple tweaks to family favorite recipes can add loads of flavor and nutrition. Liven up your meals with fresh avocado:

- Add fresh, sliced avocado to soups, salads, or sandwiches/burgers
- Combine avocado with green, leafy vegetables and fruits in smoothies
- Use avocado as a spread on toasts, crackers, or bagels
- Top grilled fish with a refreshing avocado and fruit salsa
- Include avocado in scrambled eggs or omelet
- Bake with avocados instead of butter



SLOW COOKER AVOCADO LIME CHICKEN SOUP

Take your homemade chicken soup up a notch with fresh avocado, using this simple recipe that you can prep ahead and enjoy at dinnertime.

Ingredients:

- 1 lb. boneless, skinless chicken breasts
- 1 tsp. chili powder
- 1/2 tsp. ground cumin
- 6 cups low-sodium chicken broth
- 1 cup jarred salsa verde
- 2 Tbsp. fresh ginger, minced
- 2 garlic cloves
- 1 ripe, fresh avocado, halved, pitted, peeled, and diced
- 2 scallions, sliced on a diagonal
- 1/4 cup cilantro leaves
- 2 Tbsp. lime juice

Instructions:

Season chicken with chili powder and cumin. Place on bottom of slow cooker. Add broth, salsa verde, ginger and garlic and cook in slow cooker for 3 hours on high or 6 hours on low. Remove chicken from slow cooker. Using two forks, shred chicken. Return chicken to slow cooker and stir in avocado, scallions, cilantro, and lime juice.

Nutrition Facts:

110 Calories
4.5 g Fat
1 g Saturated Fat
35 mg Cholesterol
280 mg Sodium
4 g Carbohydrate
1 g Fiber
12 g Protein

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