



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

What's Your Favorite - Pizza or Tacos?

You might think of pizza and tacos as unhealthy because they are fast food and take-out options. As you continue cooking more at home, enjoy creating these comfort foods with a healthier spin. It's all about what you put into the tacos and onto the pizza that makes a difference!

If your family is undecided about which should be on the menu, get creative.

Avocado Taco Pizza combines them into one.

Avocados can keep the whole family healthier.

Pregnant moms and babies benefit, as they help with growth and development.

Eating avocados regularly has been shown to help manage weight.

It may even help with cognition and memory.

Gut health is affected by dietary fiber, so eating fiber-rich avocado can have a positive impact.



Courtesy of Fresh Avocados - Love One Today®.
Find this and other recipes at LoveOneToday.com.

Avocado Taco Pizza

Ingredients:

- 1 lb. homemade or store-bought pizza dough, at room temperature
- 2 Tbsps. vegetable oil (divided)
- 1/2 lb. ground turkey
- 1 Tbsp. taco seasoning, reduced-sodium
- 1/4 cup water
- 1 16 oz. can refried beans
- 1 cup cheddar cheese, shredded
- 1 cup fresh green lettuce, shredded
- 1 ripe, fresh avocado, halved, pitted, peeled and diced
- 3 Tbsps. taco sauce



Directions:

1. Preheat oven to 425° F.
2. Stretch dough by hand or sprinkle with flour and roll into a 1/4" thick circle. Place dough on a large baking sheet or pizza pan, evenly coated with cooking spray.
3. Heat 1 Tbsp. of oil in a large skillet over medium heat. Add in ground turkey. Break into crumbles and brown.
4. Add in taco seasoning mix and water. Add more water as needed. Cook until turkey is cooked through or until it reaches 165° F.
5. Spread dough with beans (leaving a 1/2" border), followed by cooked ground turkey and top with shredded cheddar cheese.
6. Brush the edges of dough with remaining 1 Tbsp. of oil.
7. Bake for 10-12 minutes, or until cheese is melted and crust edges are golden.
8. Remove pizza from oven and top with shredded lettuce and avocado.
9. Drizzle with taco sauce and Avocado Ranch Dressing. Cut each pizza into 8 slices.

- 1 batch Avocado Ranch Dressing (see make ahead recipe below)

Avocado Ranch Dressing

- 1/2 ripe, fresh avocado, pitted and peeled
- 1/3 cup ranch salad dressing
- 2 Tbsps. water

In a blender or food processor, puree all ingredients. Refrigerate until ready to use.