



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

# Dietitian's Dish

## Simple nutrient and flavor boosts!

Think about the many traditional side dishes served at cookouts or with dinner. Enhance their nutritional value by making some simple swaps.

Avocados make a great swap in place of mayonnaise - without sacrificing any creaminess!

Avocados add a mild flavor, almost 20 vitamins and minerals, plus lots of fiber (which is good for the gut!).

Their heart healthy fat also helps the body absorb vitamins A, D, E & K.



Something as simple as coleslaw is a great side dish for any occasion, but versatile enough to top a taco also. That makes it a great menu option to avoid wasting food. Use any leftovers for tacos the next day!

Avocado can also be mashed and used in guacamole or to top a slice of whole grain toast in place of butter or other high-calorie spreads.

## Creamy Avocado Coleslaw

### Ingredients:

- 2 bags of coleslaw mix
- 1 ripe avocado, seeded and peeled
- 1 clove of garlic
- 2 Tbsp. maple syrup
- 2 Tbsp. apple cider vinegar
- 1/4 cup lime juice
- Pinch of salt and pepper

### Directions:

1. Open the bags of coleslaw and pour into a large mixing bowl; set aside.
2. In a blender or food processor blend the avocado, garlic, maple syrup, vinegar, lime juice, salt and pepper until smooth to make the dressing.
3. Top the coleslaw with the dressing, toss until everything is coated, and serve.

