



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

Dietitian's Dish

Start the Year with Superfoods!

Are you making resolutions this year? Instead of a focus on cutting out unhealthy things, create a habit of adding in more (or replacing unhealthy with) nutrient-dense foods. How can you add more fruits, vegetables, and plant-based foods into your meals and snacks?

Avocado is full of nutrients and can be used in many ways!

- Spread mashed avocado on a sandwich in place of mayo
- Mix avocado into baked goods
- Blend avocado into smoothies or homemade pudding
- Top a salad or meal with diced avocado



Fiesta Avocado Mac & Cheese

Ingredients:

- 2 cup dry elbow macaroni, cooked according to package directions
- 2 ripe, fresh avocados, halved, pitted, and peeled
- 2 cloves garlic, minced
- 1/2 tsp. salt
- 1 cup reduced-fat milk
- 2 Tbsp. all-purpose flour
- 1 cup (4 oz.) reduced fat Monterey Jack or Pepper Jack cheese, shredded
- 2 cup (about 8 ounces) cooked chicken breast meat, diced
- 2/3 cup canned black beans, no salt added, rinsed, and drained
- 2 Tbsp. salsa verde, fresh or store bought
- 3/4 cup cherry tomatoes, cut in half



Recipe and image courtesy of LoveOneToday.com.

Directions:

1. Place one avocado, garlic, and salt into a small bowl. Mash with fork until smooth. Cut remaining avocado into 1/4-inch pieces and set aside.
2. Heat milk in a medium saucepan over medium heat until just simmering. Add flour, whisking until smooth and thickened. Add cheese, avocado mixture, cooked macaroni, cooked chicken, black beans, and salsa verde stirring until evenly coated; remove from heat.
3. Top with tomatoes and avocado pieces; serve immediately.

Avocado Berry Blender Muffins

Ingredients:

- 2 cups rolled oats
- 2 large eggs
- 1/2 ripe, fresh avocado, halved, pitted, and peeled
- 1 ripe banana
- 1/2 cup applesauce
- 1/4 cup maple syrup
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 tsp. vanilla extract
- 1 cup blueberries or berry of choice, fresh or frozen



Recipe and image courtesy of LoveOneToday.com.

Directions:

1. Preheat oven to 400°F. Spray a 12-cup muffin tin or line and lightly grease liners.
2. Add all ingredients except berries to a blender. Blend until combined, scraping down the sides as needed until batter is smooth.
3. Divide batter into muffin cups and top with berries. Bake for 15-18 minutes or until a toothpick inserted comes out clean. Transfer to cooling rack and let cool completely before serving.