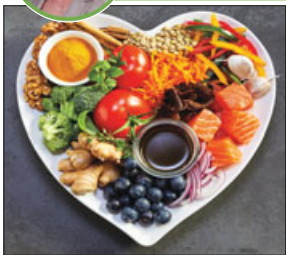


Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN



Dietitian's Dish



Feed a HEALTHY HEART!

There are a wide variety of foods which contain nutrients that protect blood pressure and heart health.

Unpeeled apples contain fiber and polyphenols which may reduce the risk of heart disease and cancer. Dietary fiber and unsaturated fats in avocados have been linked to good cardiovascular health.

Omega-3 fatty acids in shrimp also have been shown to benefit heart health and cholesterol. Put these protective foods together in a balanced diet and you have a colorful and delicious way to enjoy better heart health!

Avocado and Shrimp Salad

Ingredients:

- 2 Tbsps. fat-free plain Greek yogurt
- 2 Tbsps. canola or corn oil
- 3 tsps. lime juice
- 1/4 tsp. pepper (freshly ground preferred)
- 1/8 tsp. salt
- 1 pound large peeled & deveined shrimp
- 1 small apple, finely diced
- 1 1/2 cups finely chopped celery (about 3 stalks)
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped green onion
- 1 medium avocado, diced
- 4 large Bibb lettuce leaves (optional)



Directions:

1. To cook raw shrimp, add the shrimp to a large pot of boiling water. Cook for 2 to 3 minutes, or until all the shrimp turn pink on the outside. Drain in a colander. Run the shrimp under cold water to stop the cooking process. Drain well. Discard tails and chop.
2. Meanwhile, in a large bowl, whisk together the yogurt, oil, lime juice, pepper, and salt.
3. Stir in the shrimp, apple, celery, cilantro, and green onion. Then, gently stir in the avocado.
4. Serve immediately, or cover and refrigerate to serve cold.
5. When ready to serve, spoon the salad into the lettuce leaves.

Recipe (adapted) and image from the American Heart Association collection at recipes.heart.org.