



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

Dietitian's Dish

Healthy Hearts like Avocados!

Avocados aren't just a game day food!

Included regularly in meals and snacks, their nutrients support physical and mental wellness. Avocados are considered a "super food", with an abundance of monounsaturated fats, dietary fiber and minerals like iron, potassium, and magnesium. So, go beyond guacamole and check out

LoveOneToday.com for a variety of recipes featuring avocados in delicious ways!

Here's a couple of ideas to get started.

Avocado Black Bean Taquitos

Ingredients:

- 1 ripe, fresh avocado, halved, pitted, peeled, and mashed
- 1/2 cup canned black beans, rinsed
- 1/2 Tbsp. cumin
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 10 (6-inch) corn tortillas
- 4 oz. plain non-fat Greek yogurt
- 1 cup Pico de gallo (pre-made or from scratch)



Recipe (adapted) and image courtesy of LoveOneToday.com.

Directions:

1. Using a fork, mash the avocado and black beans together in bowl. Stir in cumin, garlic powder and salt.
2. Spread approximately 2 Tbsp. of the mixture onto a corn tortilla, dividing equally between 10 tortillas. Roll tightly to form 10 taquitos.
3. Place taquitos into the air fryer at 400°F degrees for 5 minutes. When the timer goes off, flip and put back into the air fryer for 5 more minutes. Depending on the air fryer you may need to decrease time to 3 to 4 minutes per side.
4. Once taquitos are golden brown and crispy, remove from air fryer and serve with Pico de gallo and Greek yogurt.

Chicken-Avocado Chilaquiles with Avocado Crema

Ingredients:

- 2 ripe, fresh avocados, halved, pitted, peeled, and mashed
- 1/4 cup plain fat-free Greek yogurt
- 2 Tbsp. fresh lime juice
- 1/4 tsp. salt
- 8 (6-inch) corn tortillas, cut into triangles
- 2 cups cooked, chicken breast meat, shredded
- 1 can (15 oz.) red enchilada sauce
- 2 cups fresh tomatoes, seeded and chopped, divided
- 1 can (4 oz.) fire roasted green chiles, diced
- 1 can (15 oz.) black beans no salt added, rinsed, and drained
- 1 cup fresh or frozen corn, thawed and drained
- 1 cup (4 oz.) reduced fat Monterey Jack cheese, shredded
- 1/4 cup fresh cilantro leaves, chopped
- 1/4 cup Cotija cheese, crumbled
- 1 ripe, fresh avocado, halved, pitted, peeled, and diced



Recipe (adapted) and image courtesy of LoveOneToday.com.

Directions:

1. Combine mashed avocados, yogurt, lime juice, and salt in a medium bowl until smooth; cover and refrigerate.
2. Preheat the oven to 350°F. Spread tortilla pieces evenly on a baking sheet and bake for 15 minutes until crispy. Combine cooked chicken, enchilada sauce, chilies, and 1 cup of tomatoes in a large bowl.
3. Spread half of the chicken mixture into the bottom of a 9 x 13-inch oven proof dish. Layer half of the beans, 1/2 cup of corn, 1/2 cup of cheese, and half of the tortilla pieces over chicken mixture, evenly distributing the ingredients. Repeat layering, starting with remaining chicken mixture, then remaining beans, 1/2 cup of corn, tortilla pieces and 1/2 cup of cheese.
4. Cover with aluminum foil and bake for 30 minutes. Uncover and bake for an additional 10 minutes; remove from the oven and cool for 10 minutes.
5. Top with remaining 1 cup of tomatoes, avocado, cilantro, and Cotija cheese. Serve with avocado crema.