

# Healthy Eating

## Avocados Score An "A" In Nutrition

(NAPSA)—Registered dietitians help educate and encourage consumers to make the most out of their food choices, especially during March's National Nutrition Month®. One way to improve your overall diet is to put more produce on your plate, such as Hass avocados.

Diets rich in fruits and vegetables are associated with a reduced risk for developing certain chronic diseases, including cardiovascular disease, cancer and diabetes. Fruits and vegetables tend to provide essential vitamins and minerals, and contain phytonutrients, as well as fiber. In addition, they are relatively low in calories for the nutrients they provide.

Unfortunately, fewer than 30 percent of Americans meet the recommended minimum of two fruit servings per day.

Hass avocados, which are considered a fruit, can be a tasty addition to meals and snacks, and can help consumers meet their recommended fruit servings.

A one-ounce serving of avocado has 50 calories, and provides nearly 20 beneficial vitamins, minerals and phytonutrients. Additionally, the deliciously creamy avocado is virtually the only fruit that has monounsaturated fat.

To help boost fruit consumption, add a few slices of avocado to sandwiches and salads. Or try this simple recipe that features Hass avocados and a number of other fruits and vegetables.



**Get more fruits and vegetables in your diet with delicious dishes like this salad with Hass avocados.**

### **Roasted Beet And Hass Avocado Salad With Orange Dressing**

*Serves: 4*

*Prep Time: 10 minutes*

*Cooking Time: 50 minutes*

*Total Time: 1 hour*

#### **Ingredients:**

- 2 medium red beets**
- ¼ cup seasoned rice vinegar**
- 1 ripe, fresh Hass avocado\*, seeded, peeled and cut into quarters**
- 1 bag mixed salad greens**
- Orange Dressing (see make-ahead recipe below)**
- Orange zest, for garnish**

#### **Instructions:**

- 1. Wash beets and trim off stems.**
- 2. Place beets in a small pan and add two tablespoons of water.**
- 3. Cover pan with foil and roast in a 350°F oven for 50 minutes.**
- 4. Check beets' doneness by piercing with fork. Fork should go in easily with a little resistance.**

- 5. Remove from oven. Cool.**
- 6. Peel beets and cut into ¼-inch chunks; set aside.**
- 7. Dip avocado in rice vinegar.**
- 8. Divide greens among serving plates. Top each serving with an avocado quarter and spoon ¼ of the chopped beets over each avocado. Drizzle dressing over all. Garnish with orange zest.**

### **Orange Dressing**

#### **Ingredients:**

- ¼ cup fresh orange juice**
- 2 tsp. white balsamic vinegar**
- ½ tsp. orange zest**
- ¼ tsp. salt**
- ½ tsp. black pepper**

#### **Instructions:**

In small bowl, combine orange juice, vinegar, orange zest, salt and pepper. Whisk to blend.

**Tip:** To make orange zest, use fine grater and grate off only orange color of skin. There also are zest tools that you scrape on orange skin to make zest.

**Per serving:** 120 calories; 6 grams fat (1.5 grams sat fat); 0 mg cholesterol; 310 mg sodium; 15 grams carbohydrate; 6 grams fiber; 8 grams sugar; 2 grams protein

**\* Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller- or larger-size avocados, adjust the quantity accordingly.**

For other delicious recipes featuring Hass avocados, visit the Hass Avocado Board's Web site at [avocadocentral.com](http://avocadocentral.com).