

# HEALTHFUL EATING

## Creamy Avocado Dressing Just Buzz Five Ingredients In The Blender

(NAPSA)—Eat healthy. That's a common resolution, and including more salads is a great and filling way to start. But those low- and nonfat dressings usually also qualify as low- and non- in flavor. Here's a great way to add rich flavor and color to greens (or as a dip or sauce)—an easy blender dressing with just a few ingredients, starting with an avocado.

No problem that it's winter—Hass Avocados from Chile are available fall through February, when the California fruit is out of season. Chilean Hass Avocados are grown and harvested to the highest standards of quality. Look for fruit that's dark, dark green with a pebbly skin. Cup one in your hand and gently press the stem end. If there's just a little give, it's ready to eat. If you're planning ahead, buy firmer fruit and let it sit on the counter at room temperature for a day or two. Refrigerate ripe fruit for up to a few days.

Avocados have many health benefits. They can help in reducing saturated fat in the diet when eaten in place of saturated-fat containing foods. They also act as a nutrient booster—enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene as well as lutein, in foods that are eaten with avocados.

When used instead of other fats, as in the Creamy Avocado Dressing below, avocados contribute nearly 20 vitamins, minerals and phytonutrients and can be a satisfying part of a calorie-reduced diet. The avocado is the only fruit that has monounsaturated fat. According to the American Heart Association, diets low in saturated fat and trans fatty acids and cholesterol may reduce cho-



**Make a magnificent salad dressing in minutes with an avocado, buttermilk and just a few seasonings.**

lesterol levels and in turn lower the risk of heart disease. Avocados can help consumers in meeting this dietary goal of reducing saturated fat in the diet when they are consumed in place of saturated-fat containing foods.

### Creamy Avocado Dressing

*(Makes about 1 cup)*

Thick, creamy and beautifully green, this easy blend makes a magnificent dressing as well as adding avocado's nutty flavor to a salad. You could replace the basil with parsley, oregano or even dill for a change in flavor. In addition to topping salad greens, try the dressing on burgers or steaks, over fish or poultry, or as a dip for fresh vegetable crudités. You may never go back to the bottle (of salad dressing) again.

- 1 Chilean Hass avocado**
- $\frac{3}{4}$  cup buttermilk**
- 2 green onions, chopped**
- 2 tablespoons packed fresh basil leaves**
- 2 tablespoons white wine or raspberry vinegar**
- $\frac{1}{4}$  teaspoon salt**

**Rinse avocado and cut in half. Spoon out pit. Scoop out fruit into blender container or food processor bowl. Add all remaining ingredients and blend until very smooth, about 30 seconds. Store in tightly covered container, up to 3 days.**

Nutritional Information per 1-tablespoon serving—calories 22, fat 1.5g, saturated fat 0.22 g, % calories from fat 57%, protein 0.74g, carbohydrates 2g, cholesterol 0.46mg, sodium 49mg, fiber 0.37g.