

NUTRITION NEWS & NOTES

Pack Your Diet With More Fruits and Vegetables

(NAPSA)—Fruits and vegetables play an important role in your diet—providing vitamins and minerals, phytonutrients and fiber. They also have preventative health benefits.

Diets rich in fruits and vegetables are associated with a reduced risk for developing certain chronic diseases. Unfortunately, only about 10 percent of Americans meet the recommended minimum of two fruit and three vegetable servings per day.

During March's National Nutrition Month® challenge yourself to include more produce in your diet. Hass avocados, which are actually a fruit, can add delicious flavor to your meals and help you fit in your recommended daily fruit servings.

A 1-ounce serving of avocado has 50 calories and contributes nearly 20 beneficial vitamins, minerals and phytonutrients. Additionally, avocados contribute good fats to one's diet—including both poly- and monounsaturated fats.

Try adding a few slices of avocado to a salad or sandwich at lunch or add them to eggs at breakfast to help boost your fruit consumption. Looking for inspiration? Here is a simple and delectable salad recipe that features a number of fruits and vegetables, including Hass avocados:

Tropical Salad with Hass Avocado and Grilled Shrimp

Serves: 4

Prep Time: 30 minutes

Cook Time: 5 minutes

Total Time: 35 minutes



Hass avocados add delicious flavor to meals, contribute good fats and help you fit in your recommended daily fruit servings.

Ingredients:

- 1 lb. medium or large shrimp, peeled and deveined
- Ginger Dressing (see make-ahead recipe below)
- ½ pineapple, peeled, cored and diced
- 2 mangoes, peeled, seeded and diced
- 1 papaya, peeled, seeded and diced
- 1 head butter lettuce, core removed, washed and chopped
- 1 ripe, fresh Hass avocado, seeded, peeled and cut into ¼-inch slices

Instructions:

1. Place shrimp in a medium bowl. Mix with half of the Ginger Dressing. Cover and refrigerate for 20 minutes.
2. Thread shrimp onto pre-soaked wooden skewers.
3. Pre-heat a grill or grill pan

to high heat. Grill shrimp until cooked through, 2-3 minutes per side. Remove from heat. Using a fork or tongs, slide shrimp off of skewers and place shrimp in a bowl covered with foil to keep the shrimp warm.

4. In a medium bowl, toss together pineapple, mango and papaya.

5. Divide lettuce equally among salad plates and top each plate with even amounts of pineapple mixture, avocado slices and shrimp. Drizzle with reserved dressing.

Ginger Dressing

Ingredients:

- 2 cloves garlic
- 3 Tbsp. finely chopped ginger
- ¼ cup coarsely chopped cilantro
- 2 lemons, zested and juiced
- 3 Tbsp. canola oil

Instructions:

1. Place garlic, ginger, cilantro, lemon zest and juice, and oil in a food processor. Blend until smooth.

Nutrition Information Per Serving: Calories 440; Total Fat 19 g (Sat 2 g, Trans 0 g, Poly 4.5 g, Mono 11 g); Cholesterol 220 mg; Dietary Fiber 9 g; Protein 27 g

Note: 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 www.avocadocentral.com.