

HEARTY AND HOME-COOKED

Heart-Healthy Recipes

FEATURING AVOCADOS



avocados
LOVE ONE TODAY[®]
nutrient-dense • heart-healthy

Table of Contents

- 3** Foreword and Introduction
- 4** Heart-Healthy Fiesta Chile and Avocado Mini Frittatas
- 5** Heart-Healthy Chorizo-Spiced Lentil and Avocado Tacos
- 6** Heart-Healthy (Instant Pot®) Creamy Avocado Lime Rice with Chicken
- 7** Heart-Healthy Fettuccini AvoFredo
- 8** Heart-Healthy Avocado Turkey Chili Stuffed Sweet Potatoes
- 9** Crafting Heart-Healthy Habits with Avocados
- 9** Avocado Nutrition Facts & Label
- 10** Avocado How-To



Foreword

As a cardiologist, nothing makes me happier than patients who don't have to see me for care because of positive lifestyle changes including prioritizing more movement, closer social relationships, and better nutrition. Did you know as much as 80% of heart disease can be preventable when you invest in your health with good habits?

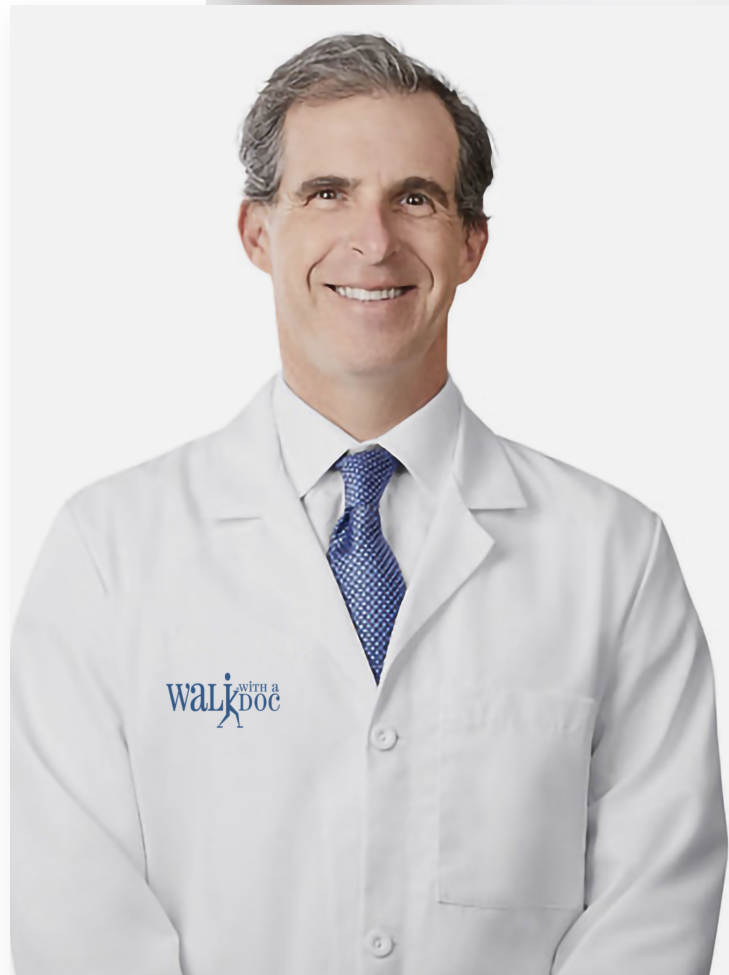
In fact, the connection between what you eat and what you do is so compelling that the White House is making major commitments as part of a goal to reduce diet-related diseases like heart disease by 2030.

I'm very passionate about this challenge because it empowers us to make choices that will help us live a long, healthy life.

Most of us eat multiple times a day, which means there are many opportunities to choose nutritious and tasty foods that support our heart health and leave us feeling satisfied. Eating fruits and vegetables as well as sources of good, unsaturated fat and fiber are key to supporting heart health. One of my favorite foods is avocado because it checks a lot of these boxes: heart-healthy, good source of fiber, virtually the only fruit with unsaturated fats, sugar-free and most importantly – creamy and delicious. It's why myself and other healthcare professionals frequently recommend avocados as part of a heart-healthy diet.

It's never too early or too late to eat healthier and this cookbook is a perfect start.

Dr. David Sabgir,
Cardiologist and Founding CEO of
Walk with a Doc



You can feel confident in buying and eating avocados knowing they are a heart-healthy food.

The Avocado Nutrition Center, the world's only independent resource building a body of credible and comprehensive research on the nutritional benefits of fresh avocados, has supported published research for more than a decade.

The body of evidence to support avocados as beneficial for heart health is recognized by the Federal Drug Administration's (FDA) heart health claim which in 2016 was amended to allow more vegetables and fruits, like avocado, to qualify. Previously, avocados did not qualify for this heart health claim because they are not low fat. However, avocados are virtually the only fruit with good, monounsaturated fat, which can help reduce LDL (bad) cholesterol levels in your blood, which can lower your risk of heart disease and stroke.

The American Heart Association® has also certified fresh avocados the very selective American Heart Association® Heart-Check mark.

In this cookbook, you'll find a collection of American Heart Association® Heart-Check certified hot, savory, and satisfying recipes that are another way to make the American Heart Association® recommendations part of your healthy lifestyle.



01 Heart-Healthy Fiesta Chile and Avocado Mini Frittatas



+



=



PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES READY IN: 30 MINUTES

Prep and oven bake these quick and easy bites featuring heart-healthy avocado, hatch chilies, and sweet peppers. Adding fresh avocados to an everyday healthy eating plan helps increase how much fruit you eat and provides a whole-food source of naturally good fats.

INGREDIENTS

- 6 large eggs, beaten
- 1/2 cup 1% fat milk
- 1/4 tsp. ground black pepper
- 1 Tbsp. olive oil
- 1 red pepper, seeded and finely diced
- 1 large, ripe, fresh avocado, halved, pitted, peeled and finely diced
- 1/4 cup roasted hatch chilies, canned
- 1/4 cup queso fresco, part skim, crumbled
- 2 Tbsp. fresh cilantro, chopped

INSTRUCTIONS

STEP 01

Preheat oven to 375° F. Lightly spray twelve 2 1/2-inch muffin cups with cooking spray.

STEP 02

Whisk eggs, milk and black pepper in a medium bowl until blended and set aside.

STEP 03

Heat oil over medium-high heat in a nonstick pan. Add red pepper and cook for 2 minutes until peppers are soft. Stir peppers along with avocado, chilies, queso fresco and cilantro into egg mixture. Spoon 1/4 cup egg mixture into each prepared muffin cup.

STEP 04

Bake 20 to 23 minutes until frittatas are set in the middle and lightly browned.

Recipe serving size: 1 frittata **Number of servings:** 12

Calories: 90	Unsaturated Fat: 4.5g	Total Carbohydrate: 3g	Added Sugars: 0g
Total Fat: 7g	Cholesterol: 95mg	Dietary Fiber: 1g	Protein: 4g
Saturated Fat: 1.5g	Sodium: 95mg	Total Sugars: 1g	



02 Heart-Healthy Chorizo-Spiced Lentil and Avocado Tacos



+



=



PREP TIME: 25 MINUTES COOK TIME: 10 MINUTES READY IN: 35 MINUTES

These vegetarian lentil tacos feature two forms of a fresh avocado topper: in a citrus crema sauce and sliced – for double the deliciousness. Not only do avocados provide a creamy, indulgent texture, but this heart-healthy fruit contributes nearly 20 different vitamins, minerals, and phytonutrients to the diet. An excellent source of fiber, these tacos are bursting with plant-based goodness and traditional chorizo spices that are sure to wow you and your loved ones.

INGREDIENTS

Fresh Avocado Citrus Crema:

- 1 ripe, fresh avocado, halved, pitted, and peeled
- 1/2 cup plain 2% Greek yogurt
- 1 1/2 tsp. fresh lime juice
- 1 1/2 tsp. fresh lemon juice
- 1/4 tsp. sea salt
- 1/4 tsp. chili powder

Lentil Avocado Tacos:

- 1 Tbsp. avocado oil or sunflower oil
- 1 large green bell pepper, diced
- 1/3 cup red onion, finely diced
- 1/3 cup walnuts, finely chopped
- 1 15-oz. can no-salt-added lentils, drained (or 1 1/2 cups cooked lentils)
- 1 large garlic clove, minced
- 1 tsp. fresh oregano, minced (or 1/2 tsp. dried oregano)
- 1/4 tsp. sea salt
- 1/4 tsp. chili powder
- 1/4 tsp. smoked paprika
- 8 (5- to 5 1/2-inch diameter) corn or whole-wheat tortillas, lightly pan-grilled
- 1 ripe avocado, halved, pitted, peeled, and sliced
- 1/4 cup loosely packed fresh cilantro sprigs
- 1 lime, cut into 8 wedges or slices
- Hot sauce (optional)

INSTRUCTIONS

FOR THE AVOCADO CITRUS CREMA:

Place avocado, Greek yogurt, lime juice, lemon juice, salt and chili powder into a food processor or electric mixer bowl and blend until creamy. Set aside while you prepare the tacos.

FOR THE TACOS:

Heat the oil in a large stick-resistant skillet over medium-high heat. Add bell pepper, onion, and walnuts and sauté until the walnuts are toasted and vegetables begin to brown, about 4 minutes. Add lentils, garlic, oregano, salt, chili powder, and paprika and cook, stirring occasionally, until the lentils are fully heated and bell pepper is softened, about 2 1/2 minutes. Adjust seasoning, as needed.

FOR ASSEMBLY:

Warm up tortillas and top with the lentil mixture, fresh crema, and avocado slices, dividing evenly. Sprinkle with the cilantro sprigs and serve with lime wedges. Drizzle with the hot sauce, if desired.

Recipe serving size: 2 tacos **Number of servings:** 4

Calories: 450	Unsaturated Fat: 18g	Total Carbohydrate: 51g	Added Sugars: 0g
Total Fat: 23g	Cholesterol: <5mg	Dietary Fiber: 16g	Protein: 16g
Saturated Fat: 3g	Sodium: 340mg	Total Sugars: 6g	





03 Heart-Healthy (Instant Pot®) Creamy Avocado Lime Rice with Chicken



+



=



PREP TIME: 10 MINUTES COOK TIME: 15 MINUTES READY IN: 25 MINUTES

This simple recipe requires less than 10 ingredients and can be made quickly in an Instant Pot® to save time! A creamy avocado sauce pairs perfectly with rice and chicken for a fast dinner meal that can be enjoyed or saved for later for easy meal prep. Plus, feel good knowing it contains fiber from fresh avocados.

Instant Pot is a registered trademark of IB Holdings.

INGREDIENTS

- 2 Tbsp. olive oil
- 2 tsp. garlic, minced and divided
- 16 oz. chicken breast, raw, boneless, skinless
- 2 cups chicken stock, low sodium
- 1 cup long-grain rice, rinsed and drained
- 1 ripe, fresh avocado, halved, pitted, peeled and diced
- 1/4 cup lime juice
- 1/2 tsp. chili powder
- 1/8 tsp. salt
- 1/8 tsp. pepper

INSTRUCTIONS

STEP 01

Set a 6 qt. Instant Pot® to sauté on high heat.

STEP 02

Add oil, 1 tsp. garlic, salt and pepper, and then add chicken. Sauté, stirring occasionally for 5 minutes.

STEP 03

With the chicken remaining in the pressure cooker, add chicken broth and rice and stir to combine, ensuring the rice is fully submerged in the liquid. Cover and cook on manual high pressure for 10 minutes then quick release remaining pressure.

STEP 04

While Instant Pot is cooking, prepare the avocado sauce in a high-speed blender or food processor. Add diced avocado, remaining garlic, lime juice, chili powder, pepper and salt and blend until smooth.

STEP 05

When the Instant Pot has finished releasing the pressure, open the lid and stir in the avocado lime sauce.

Recipe serving size: 1 cup **Number of servings:** 4

Calories: 390	Unsaturated Fat: 8g	Total Carbohydrate: 41g	Added Sugars: 0g
Total Fat: 12g	Cholesterol: 75mg	Dietary Fiber: 4g	Protein: 30g
Saturated Fat: 2g	Sodium: 180mg	Total Sugars: <1g	

04Heart-Healthy Fettuccini AvoFredo



+



=



PREP TIME: 10 MINUTES COOK TIME: 15 MINUTES READY IN: 25 MINUTES

Serve a gourmet dinner any night of the week with this unexpected colorful twist on a comfort food favorite. Fresh avocado adds velvety texture and an array of nutrition benefits vs. the traditional cream sauce. Accented with lemon juice, fresh garlic, basil and a touch of Parmesan cheese, this dish will have you going back for more!

Recipe serving size: 1 cup **Number of servings:** 4

Calories: 390	Unsaturated Fat: 8g	Total Carbohydrate: 41g	Added Sugars: 0g
Total Fat: 12g	Cholesterol: 75mg	Dietary Fiber: 4g	Protein: 30g
Saturated Fat: 2g	Sodium: 180mg	Total Sugars: <1g	

INGREDIENTS

- 2 ripe, fresh avocados, halved, pitted, peeled and mashed
- 3 cloves of garlic, peeled
- 2/3 cup water
- 2 Tbsp. fresh lemon juice
- 1 cup baby spinach leaves, packed
- 2 Tbsp. fresh basil, chopped
- 2 Tbsp. grated Parmesan cheese, reduced fat
- 1/4 tsp. salt
- 1/2 tsp. ground black pepper
- 4 ounces sundried tomatoes, drained and thinly sliced
- 1-pound whole-wheat fettucine noodles

INSTRUCTIONS

STEP 01

Place avocados, garlic cloves, water, lemon juice, spinach, basil, Parmesan cheese, salt and pepper into a food processor. Cover and puree until smooth, about 30 seconds.

STEP 02

Cook pasta according to package directions; drain.

STEP 03

Pour avocado sauce over hot pasta. Add sundried tomatoes. Gently toss mixture until noodles are evenly coated. Serve immediately.



05 Heart-Healthy Avocado Turkey Chili Stuffed Sweet Potatoes



+



=



PREP TIME: 15 MINUTES COOK TIME: 60 MINUTES READY IN: 75 MINUTES

Look no further when craving a satisfying hot dish that delivers on flavor, texture, and nutrition. Prepare an easy turkey chili while your sweet potatoes bake. Adding fresh avocado to the filling makes for a nutrient-dense creaminess that complements the sweet and spicy baked potato. And look at those colors!

INGREDIENTS

- 1 ripe, fresh avocado, halved, pitted, peeled and diced
- 4 medium-sized sweet potatoes
- 1 Tbsp. olive oil
- 1/2 cup onion, diced
- 1/4 cup red bell pepper, diced
- 1 garlic clove, minced
- 3/4 tsp. ground cumin
- 1/2 tsp. dried oregano
- 1/4 tsp. salt
- 8 oz. ground white meat turkey
- 1 (14 oz.) can petite diced tomatoes in juice
- 1/4 cup Cheddar cheese, grated, reduced fat (optional)

INSTRUCTIONS

STEP 01

Heat oven to 400 degrees F.

STEP 02

With a fork, pierce sweet potatoes all over several times. Place on a baking sheet lined with aluminum foil.

STEP 03

Bake until soft and fork tender, about 45 minutes.

STEP 04

Heat oil in a deep skillet over medium heat. Add onion and pepper.

STEP 05

Cook, stirring occasionally, until tender, about 5 minutes. Stir in garlic, cumin, oregano, and salt.

STEP 06

Add turkey. Cook, stirring and breaking it up with a spoon, until no longer pink, 3 to 5 minutes. Stir in tomatoes. Reduce heat to medium-low, cover and cook 20 minutes.

STEP 07

Remove from heat and stir in avocado. Slice baked sweet potatoes lengthwise just until open. Fill with turkey mixture.

Recipe serving size: 1 medium sweet potato **Number of servings:** 4

Calories: 360	Unsaturated Fat: 12g	Total Carbohydrate: 38g	Added Sugars: 0g
Total Fat: 17g	Cholesterol: 45mg	Dietary Fiber: 10g	Protein: 17g
Saturated Fat: 3.5g	Sodium: 350mg	Total Sugars: 10g	



Crafting Heart-Healthy Habits with Avocados

CREAMY SALAD DRESSING:

Avocado can be so much more than a salad topper. Blend up a quick and easy dressing with creamy avocado as the star ingredient. More avocado in the mix means more intake of fruit as well as two under-consumed nutrients that contribute to heart health - fiber and potassium. One serving of avocado contains 11% of the Daily Value (DV) for fiber and 6% of the DV for potassium.



READY-TO-GO SNACK:

Use avocado as the bowl for your next afternoon munchy. Stuff half of an avocado with a mix of beans, corn, salsa, or whatever veggies you might have and enjoy this quick, satisfying pick-me-up. Just add a fork and eat! Snacking on a variety of fruits and vegetables may help with managing body weight and blood pressure, two risk factors for heart disease.



SMOOTHIE:

Blend avocado into your favorite smoothie recipe for a creamy consistency and a boost in nutrients. Avocados are effectively the only fruit that contains good, monounsaturated fat which can help reduce LDL (bad) cholesterol levels in your blood, which can help lower your risk of heart disease and stroke.



BAKED GOODS:

See what a great alternative avocado can make for butter or oil next time you are baking. Adding avocado provides fiber which supports healthy cholesterol levels as well as good, unsaturated fats which support heart health, especially when used in place of saturated fats.



Heart-Check Food Certification does not apply to recipes unless expressly stated.

Avocado Nutrition Facts & Label

Naturally good fats - a great substitute for foods high in saturated fat

Cholesterol free

Sodium Free

Heart Healthy

Good Source Of Fiber

Sugar Free

Nutrition Facts

3 servings per container
Serving size 1/3 medium (50g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 250mg	6%
Vitamin A 0mcg	0%
Vitamin C 4mg	4%
Vitamin E 1mg	6%
Vitamin K 11mcg	10%
Thiamin 0.04mg	4%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Vitamin B ₆ 0.1mg	6%
Folate 45mcg DFE (0mcg folic acid)	10%
Pantothenic Acid 0.7mg	15%
Phosphorus 30mg	2%
Magnesium 15mg	4%
Zinc 0.3mg	2%
Copper 0.1mg	10%
Manganese 0.1mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Avocado How-To

- ✔ **Not ready to enjoy your avocado just yet? Firm, uncut avocados can be safely stored in the refrigerator for up to two weeks to slow ripening.** When getting ready to enjoy, take them out of the refrigerator one or two days in advance and leave at room temperature to ripen. Ripe, uncut avocados can be safely stored in the refrigerator for up to a week. When ready, just take them out of the refrigerator and enjoy.
- ✔ If prepping your avocados in advance to serve in a taco bar, **sprinkle slices with lemon or lime juice or another acidic agent to reduce browning.**
- ✔ To store any leftover avocado, **keep the skin and pit to help limit the surface area exposed to air and minimize browning. Sprinkle the exposed flesh with lemon or lime juice or other acidic agent and tightly cover it with clear plastic wrap.** Leftover avocado can be stored in your refrigerator for up to three days depending on the level of ripeness.
- ✔ **To ripen avocados quickly, place unripe avocados in a brown paper bag with an apple or banana for two to three days until they are ripe.** The plant hormone ethylene, which occurs naturally in fruits like apples and bananas, triggers the ripening process.
- ✔ **When checking on ripeness, don't remove the stem. As with all fruit, once you break the skin, the oxygen in the air will cause browning.** Whether its ripe or not, popping off the stem at the market or in your kitchen triggers premature oxidation that can negatively impact color, texture, and taste. The best way to tell if an avocado is ripe is whether it yields to a gentle squeeze in the palm of your hands.





For More Recipes Visit:
LoveOneToday.com/Recipes

@AvocadosLoveOneToday

