

LOVE YOURSELF, LOVE WHAT YOU COOK

MEDITERRANEAN STYLE EATING PATTERN

The choices you make for your health and well-being are an expression of self-love. Choosing snacks and meals that you enjoy and support your health is an everyday way to invest in yourself.

A healthy Mediterranean-style eating pattern is associated with

positive health outcomes in scientific studies and emphasizes fruits, vegetables, whole grains, foods with unsaturated fats, and seasoning foods with herbs and spices. With a variety of flavors and textures, this eating style is one way to make delicious dishes you'll love.

You'd think avocados were native to Mediterranean countries given how well they fit in with this style of eating! They're creamy, delicious, versatile, and virtually the only fresh fruit that contains unsaturated fats, a hallmark nutrient of Mediterranean eating that can help the body absorb important fat-soluble nutrients such as vitamins A, D, E and K.



Honoring your body and taking manageable steps to feel your best can support a positive mindset and overall well-being. Something as simple as eating foods that provide satisfying nutrients like fiber and unsaturated fats is one way to support your day-to-day health. Per serving (1/3 of a medium avocado) fresh avocados contribute 6 grams of unsaturated fats, 3 grams of fiber and nearly 20 essential vitamins and minerals making them a nutrient-dense and versatile food choice.

INSPIRATION WITH FRESH AVOCADOS: HERE ARE FOUR EASY WAYS TO HONOR YOUR BODY BY ADDING NUTRITION AND DELICIOUS FLAVOR TO YOUR PLATE.

BREAKFAST

FIESTA CHILE AND AVOCADO MINI FRITTATAS
+ whole grain toast and blueberries

TIP: These oven-baked bites are a double bonus: you'll get fiber from the avocado + protein from eggs to help you stay full. Prep this nourishing and fulfilling breakfast ahead of time so it's ready when you need it and that much easier to start your day with self-love.



LUNCH

LIME SPICED MINI TOSTADA WITH GUACAMOLE TOPPER
+ seasoned black beans and quinoa plus mandarins

TIP: Take manageable steps to feeling your best by choosing easy-to-make meals that you enjoy and can support your health. These mini tostadas, offer tangy flavor plus an excellent source of fiber (6 grams per serving) to help with feeling satisfied. Serve with black beans and quinoa for added protein and fiber.

SNACK

STUFFED AVOCADO WITH BLACK BEAN AND CORN SALSA
+ grapes

TIP: Keep canned, bottled, and frozen ingredients on hand to whip up satisfying snacks in no time. This refreshing mix of delicious flavors and different textures is fiber-rich (7 grams per serving) and already in a bowl. Just add a fork and eat! Enjoy with refreshing and juicy grapes.



DINNER

SHEET-PAN ROASTED HALIBUT WITH AVOCADO ROMESCO, BROCCOLINI AND POTATOES
+ dried cherries and dark chocolate

TIP: Make everyday dinner a mini celebration of flavors. Uplevel the taste and nutrition of baked fish by topping it with a creamy avocado Romesco sauce. Boost satisfaction, color, and nutrition by including additional slices of fresh avocado on top. Dried cherries paired with dark chocolate adds a touch of sweetness to top off dinner time.

TOGETHER, THESE DELICIOUS AVOCADO RECIPES HELP MEET RECOMMENDATIONS PROVIDED BY THE DIETARY GUIDELINES FOR AMERICANS (DGA) INCLUDING:
Daily fiber needs for adults (28g) Majority of fat is unsaturated fat Variety of protein sources Whole fruits and vegetables Grains, focusing on whole grains

These guidelines provide a foundation that should be customized to your needs and preferences. Consult with your doctor for further guidance.



x

fresh **avocados**
LOVE ONE TODAY
nutrient-dense • naturally good fats

DELICIOUS EATING

HOW AVOCADO CAN INSPIRE

RECIPES THAT FIT A HEALTHY MEDITERRANEAN-STYLE MENU

FIESTA CHILE AND AVOCADO MINI FRITTATAS

Prep time: 10 minutes | Cook time: 20 minutes | Total Time: 30 minutes | Servings: 6

INGREDIENTS:

6 large eggs, beaten
1/2 cup milk
1/4 tsp. ground black pepper
1 Tbsp. olive oil
4 oz. sliced extra lean, low sodium ham, finely diced
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
1/2 cup queso fresco, crumbled
2 Tbsp. fresh cilantro, chopped

INSTRUCTIONS:

Preheat oven to 375° F. Lightly spray twelve 2 1/2-inch muffin cups with cooking spray. **Whisk** eggs, milk and black pepper in medium bowl until blended and set aside. **Heat** oil over medium high heat in nonstick pan. Add ham and red pepper and cook for 2 minutes until peppers are soft. Stir ham and peppers along with avocado, chilies, queso fresco and cilantro into egg mixture. Spoon 1/4 egg mixture into each prepared muffin cup. **Bake** 20 to 23 minutes until frittatas are set in the middle and lightly browned.

SERVING SUGGESTION: 2 frittatas, 1-2 slices of whole grain toast, 1 cup blueberries (or other favorite fresh fruit)

LIME SPICED MINI TOSTADA WITH GUACAMOLE TOPPER

Prep time: 20 minutes Total time: 35 minutes
Cook time: 15 minutes Servings: 4

INGREDIENTS:

8 3-inch corn tortillas	1 Tbsp. fresh lime juice
1 tsp. chili lime spice, divided	2 Tbsp. onion, diced
1 ripe, fresh avocado, halved, pitted, peeled and mashed	1 cup cherry tomatoes, thinly sliced
	2 Tbsp. cilantro leaves, chopped

INSTRUCTIONS:

Preheat oven to 350°F. Spread tortillas evenly on a baking sheet and sprinkle evenly with 1/2 teaspoon chili lime spice. Bake for 10 to 15 minutes until crispy; remove from oven. **Combine** avocado, lime juice, onion and remaining chili spice in a small bowl. **Top** each toasted tortilla with avocado mixture, tomatoes and cilantro leaves, dividing ingredients evenly. Serve immediately.

SERVING SUGGESTION:

2 tostadas, ½ cup canned seasoned black beans mixed with 1 cup quinoa plus 2 mandarins

STUFFED AVOCADO WITH BLACK BEAN AND CORN SALSA

Prep time: 10 minutes | Cook time: 0 minutes | Total Time: 10 minutes | Servings: 6

INGREDIENTS:

3 ripe, fresh avocados, halved and pitted	2 Tbsp. vinaigrette salad dressing
1/2 cup black beans, canned	2 Tbsp. scallions, sliced
1/3 cup corn kernels (frozen)	Salt, to taste
1/4 cup red pepper, diced	12 fresh cilantro leaves (optional)

INSTRUCTIONS:

In a small bowl, combine black beans, corn, red pepper, scallions and salad dressing. Season with salt, if desired. **Top** avocado halves with black bean and corn mixture, dividing ingredients evenly. Garnish with cilantro leaves if desired.

SERVING SUGGESTION: 1 avocado half, 1 cup grapes

SHEET-PAN ROASTED HALIBUT WITH AVOCADO ROMESCO, BROCCOLINI AND POTATOES

Prep time: 20 minutes Total Time: 45 minutes
Cook time: 25 minutes Servings: 4

INGREDIENTS:

1 lb. baby potatoes, rinsed and cut into 1 1/2-inch pieces
2 Tbsp. extra-virgin olive oil, divided
1/2 tsp. ground black pepper, divided
3/4 lb. fresh broccolini, stems peeled and trimmed
1 Tbsp. fresh thyme leaves, chopped
3 1/2 tsp. red wine vinegar, divided
3/4 tsp. salt, divided
1/2 tsp. smoked paprika, divided
4-5 oz. halibut, cod or other white fish filets, bones & skin removed
1 cup (6 oz. jar) water-packed roasted red peppers, drained
1 ripe, fresh avocado, halved, pitted, peeled and divided
1/4 cup oil-packed sundried tomatoes, drained and chopped
1/4 cup toasted almonds or hazelnuts, chopped
1 garlic clove, chopped

INSTRUCTIONS:

Adjust oven rack to middle position. Preheat oven to 450°F. **Combine** potatoes, 2 tsp. oil and 1/4 tsp. black pepper in a large bowl. Transfer onto a large, parchment-lined baking sheet. Bake potatoes for 15 to 20 minutes, until browned and tender. **Meanwhile**, combine broccolini, 2 tsp. oil and 1/4 tsp. black pepper, set aside. **Combine** thyme, 2 tsp. red wine vinegar, 2 tsp. olive oil, 1/2 tsp. salt and 1/4 tsp. smoked paprika, brush mixture onto fish. **Remove** baking sheet from oven and push potatoes to one side, taking up about 1/3 of the sheet. Place broccolini on the center third of the sheet and the fish on the remaining third. Return baking sheet to the oven for 10 minutes or until the fish is opaque at the center, broccolini is bright green and slightly charred, and potatoes are very tender. **Combine** roasted red peppers, half of the avocado, sundried tomatoes, almonds, 1 1/2 tsp. red wine vinegar, garlic, 1/4 tsp. smoked paprika, and 1/4 tsp. salt. Process to make a rustic sauce (not perfectly smooth). Add more vinegar to taste, as needed. **Top** fish with Avocado Romesco Sauce and serve with slices of remaining avocado, potatoes and broccolini. Garnish with fresh thyme leaves if desired.

SERVING SUGGESTION:

1 piece fish and ¼ of the vegetables, 1-ounce dark chocolate, ¼ cup dried cherries (preferably no sugar added)