



NATIONAL NUTRITION MONTH RECIPE BOOKLET

CRAVE-WORTHY RECIPES THAT
WILL SUPERCHARGE YOUR HEALTH!



the incredible egg

ASK THE DIETITIAN: AVOCADOS & EGGS



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Getting enough nutrients through diet can be challenging, especially with our busy lifestyles. So it's important to make the most out of the foods we eat by choosing nutrient dense foods. Excellent examples are avocados and eggs.

Q: I've read that avocados contain "good fats". What does that mean?

A: Excellent question. **Avocados provide good fats (monounsaturated and polyunsaturated fats) to the diet.** These good fats help the body absorb nutrients without raising LDL (bad cholesterol levels). Research supports the importance of improving the quality of your diet by replacing saturated "bad" fats with good fats like those found in avocados.

Q: Is there an easy, inexpensive way to add protein to my family's diet?

A: Yes. **One large egg contains 6g of high quality protein, making it one of nature's best protein sources—and one of the least expensive!** The protein found in eggs builds muscle mass, helps repair tissues in your body and provides structure to cellular walls. Add them to meals and snacks for a delicious protein boost.

Q: What exactly does "nutrient dense" mean?

A: Nutrient dense foods contain high levels of nutrients such as protein, good fats (monounsaturated and polyunsaturated fats), vitamins and minerals but with few calories. These are high-quality foods and are generally minimally processed such as avocados and eggs. Nutrient dense foods give you the most bang for your calories and play an important role in a healthy diet.



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

SPICY SRIRACHA BAKED AVOCADO EGGS

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.



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HARD-BOILED EGG BENTO BOX

SPICY SRIRACHA BAKED AVOCADO EGGS

MAKES 4 SERVINGS

INGREDIENTS

- 2 firm ripe **Avocados From Mexico**, halved and pitted
- 4 Large eggs
- ¼ tsp Salt and pepper
- 1 TB Sriracha hot sauce
- 1 TB Fresh cilantro, finely chopped

INSTRUCTIONS

1. Preheat oven to 425°F. Line 8-inch square baking pan with foil. Scoop out some of the pulp from avocado halves, leaving hole big enough to fit an egg (reserve pulp for another use).

2. Place avocado halves in prepared pan to fit snugly in single layer. Fold foil around avocado halves to prevent tipping.
3. Crack egg into each avocado half; season with salt and pepper. Bake for 12 to 15 minutes or until whites are set and eggs are cooked to desired doneness. Let stand for 5 minutes before serving.
4. Drizzle each egg with hot sauce and sprinkle cilantro over top.

INSIDER INFO: For less-spicy eggs, combine ketchup with sriracha to taste.

Nutrition Facts (Per serving = ¼ of recipe) | Calories: 190, Total Fat: 15g, Cholesterol: 185mg
Sodium: 180mg, Total Carbohydrate: 7g, Dietary Fiber: 5g, Sugar: 1g, Protein: 8g

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HARD-BOILED EGG BENTO BOX

MAKES 4 SERVINGS

INGREDIENTS

- 2 ripe **Avocados From Mexico**, pitted, peeled and sliced
- 8 oz Smoked salmon, sliced
- 4 Large hard-boiled eggs, peeled and sliced
- 1 English cucumber, sliced
- Soy sauce, wasabi, pickled ginger (optional)

Sushi Rice

- 2 cups Sushi (short-grain) rice
- 3 TB Rice wine vinegar
- 1 TB Granulated sugar
- 1 tsp Sea salt
- 2 TB Sesame seeds, toasted

INSTRUCTIONS

1. **Sushi Rice:** Rinse rice well with cold water. In saucepan, bring rice and 2 cups water to boil. Reduce heat, cover and simmer for about 20 minutes or until water is absorbed. Let stand for 10 minutes.
2. Heat vinegar in small saucepan set over medium heat. Add sugar and salt; simmer, stirring, until dissolved. Drizzle over rice. Sprinkle with toasted sesame seeds; toss well. Let cool.
3. Assemble rice, avocados, smoked salmon, eggs and cucumber in bento box.
4. Serve with soy sauce, wasabi, and pickled ginger if desired.

Nutrition Facts (Per serving = ¼ of recipe) | Calories: 690, Total Fat: 22g, Cholesterol: 200mg
Sodium: 1020mg, Total Carbohydrate: 95g, Dietary Fiber: 7g, Sugar: 6g, Protein: 27g

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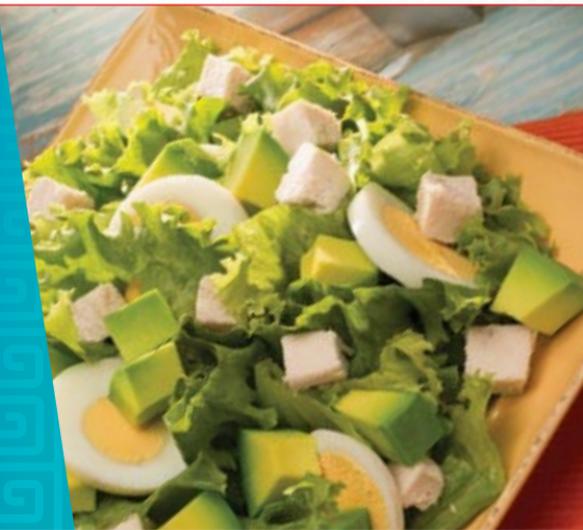
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AVOCADO EGG TOAST



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EGG AND AVOCADO CHICKEN SALAD

AVOCADO EGG TOAST

MAKES 4 SERVINGS

INGREDIENTS

- 1 medium ripe **Avocado From Mexico**, sliced
- 4 slices Whole-grain bread, toasted
- 4 ea. Large hard-boiled eggs, sliced
- 3 oz Nonfat plain Greek yogurt
- ¼ cup Cilantro, chopped
- 1 TB TABASCO® Original Red Sauce

INSTRUCTIONS

1. Place avocado slices on toasted bread. Layer egg slices on top.
2. Sprinkle chopped cilantro on top and drizzle TABASCO® and yogurt on top, as desired.

Nutrition Facts (Per serving = 1 Slice of Toast) | Calories: 210, Total Fat: 12g (Sat. Fat: 2.5g, Trans Fat: 0g) | Cholesterol: 185mg, Sodium: 190mg, Total Carbohydrate: 16g, Dietary Fiber: 1g, Sugar: 2g, Protein: 12g

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EGG AND AVOCADO CHICKEN SALAD

MAKES 6 SERVINGS

INGREDIENTS

- 2 medium ripe **Avocados From Mexico**, cubed
- 6 cups Lettuce, chopped
- 2 cups Cooked chicken breast, skinless and cubed
- 3 Large hard-boiled eggs, sliced
- 1 TB Dijon mustard
- ½ cup Plain lowfat yogurt
- 3 TB Olive oil
- ¼ tsp Onion powder
- ¼ tsp Garlic powder

INSTRUCTIONS

1. In a large bowl combine avocados, lettuce, chicken breast and eggs.
2. **To make dressing:** In a small bowl, combine yogurt, mustard, oil, onion and garlic powder. Mix well.
3. Pour the dressing over the lettuce mixture and gently combine until well coated.
4. Place in the refrigerator and let stand for 15 minutes prior to serving.

Nutrition Facts (Per serving = 1 cup) | Calories: 290, Total Fat: 16g (Sat. Fat: 3g, Trans Fat: 0g) | Cholesterol: 135mg, Sodium: 160mg, Total Carbohydrate: 14g, Dietary Fiber: 6g, Sugar: 5g, Protein: 25g

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EGG TIPS FROM THE EGGSPERTS



- ▶ **DON'T DITCH THE YOLK!**
That's where most nutrients are
- ▶ **HARD-BOIL A DOZEN EGGS** on Sunday night to have ready to eat all week
- ▶ Serve a veggie egg frittata for dinner—a great way to **GET KIDS TO EAT THEIR VEGGIES!**

READY TO **RIPEN** YOUR AVOCADO? *Bag it!*



- 1** Place the avocado with a banana or apple in a paper bag and fold to close.
- 2** Store in a warm environment. Your avocado will be ready when it yields to gentle pressure and the skin color darkens. Ready to enjoy in 1-3 days.

Text AVOGURU to 48-411
for trusted advice on Selecting, Ripening and Preserving.

READY WHEN **YOU'RE** READY

POWERFUL SWAP-OUTS AND PLUS-UPS

Here's a powerful idea: Swap out unhealthy foods and ingredients with heart healthy avocados and protein packed eggs or use them to plus up meals and snacks with added nutrients.

SWAP OUT WITH AVOCADOS ON SANDWICHES

1 TB
MAYO



- ▶ **SWAP OUT** mayo with mashed avocados and save 90mg of sodium
- ▶ **ADD** 3g of fiber, plus vitamins and minerals

SWAP OUT WITH

1/3 MEDIUM AVOCADO

1 OZ
CHEESE



- ▶ **SWAP OUT** cheese with sliced avocados and save 4g of saturated (bad) fat
- ▶ **ADD** 6g of good fats



PUT AN EGG ON IT

- ▶ **PUT A POACHED OR FRIED EGG ON YOUR AVOCADO TOAST**—a protein packed breakfast helps **sustain mental and physical energy** throughout the day
- ▶ **PUT AN EGG ON YOUR SALAD** to **increase the absorption of Vitamin E** by up to 7x



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Learn more at AvocadosFromMexico.com or IncredibleEgg.org

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.