

EAT WELL, AGE WELL. FRUITS & VEGGIES

Oh... Avocado Toast!

If you haven't tried this yet, you are in for a treat. One-fifth of a medium avocado (which is about 3 thin slices or 2 TSBP Mashed) has 50 calories and nearly 20 vitamins and minerals, making it a great nutrient dense food choice. They are naturally sodium and cholesterol free, contain healthy monounsaturated fat, and 2 grams of fiber per serving. They also contain both insoluble and soluble fiber. Insoluble fiber (which speeds up the passage of foods) accounts for 75%, with the remaining 25% as soluble fiber (the fiber that makes you feel full).



Avocado Toast

Ingredients:

- ½ medium avocado
- 1 cup rinsed and drained garbanzo beans (optional but a great way to boost your protein intake)
- ½ teaspoon garlic powder
- ¼ teaspoon crushed red pepper (optional)
- Dash of kosher salt or salt-free seasoning of your choice

Directions

1. In a bowl, mash the avocado and beans well then add the seasonings to taste.
2. Serve on toast or make it a finger food by serving on party size bread from the deli section or mini baguettes. You can add a squeeze of lemon juice if you like. Top with scrambled egg and garnish with veggies if you like.

Spicer Option: add chili powder, fresh chopped cilantro and a splash of hot sauce.

Modified from recipe by Elizabeth Shaw, MS, RDN, CLT

Want more Heart-Healthy Avocado Recipes? Visit

www.LoveOneToday.com/HeartHealth

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It can be Easy to make Lentil Bolognese

First, let's start with how to pronounce it, bō-lə-'n(y)ēz. Such a fun word. It is a meat-based sauce originating from Bologna, Italy, hence the name. However, this recipe is made with lentils instead of meat. If you have some pre-cooked lentils leftover, this is a way to jazz them up for a second meal.

Did you know that lentils are the oldest pulse crop known, and among the earliest crops domesticated in the Old World, having been found as carbonized remains alongside human habitations dating to 11,000 BC in Greece, wow!

Photo Courtesy of Pixabay.com

- 1. How to Cook Lentils:** (You can also use canned lentils or substitute canned chickpeas or black-eyed peas in place of lentils).
 - Rinse your lentils with fresh water before boiling to remove any dust or debris.
 - Cook on a stovetop, using 3 cups of liquid (water, stock, etc.) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
 - Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
 - For whole lentils, cook time is typically 15-20 minutes. For split red lentils, cook time is typically only about 5-7 minutes.
 - Be sure to season with salt after cooking, if desired – if salt is added before, the lentils will become tough.
 - Canned lentils are also another great time-saving option – just be sure to rinse them under fresh water for about one minute to reduce the sodium content.
 - Lentils do not require soaking like other pulses.
- 2.** Once your lentils are cooked, set aside.
- 3.** Chop and Sauté 1 onion in olive oil, then add pre-cooked lentils.
- 4.** Add your favorite marinara sauce, plus some garlic powder, dried basil, oregano or Italian Seasoning.
- 5.** Serve over pasta, spaghetti squash or zoodles! (zucchini spiralized noodles)
- 6.** Top with parmesan, Italian blend or mozzarella cheese.



Modified from recipe by Chelsey Amer, MS, RDN, CDN.

GWAAR Nutrition Team in Collaboration with UW Stout
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Wrap It Up!

Inspired by peanut butter and jelly sandwiches, this wrap offers a tasty way to combine some foods that you likely have on hand. It is easy, affordable and fun to make.

If you have children visiting. You can make this together and create some priceless memories in the kitchen. Plus, you will be helping them learn to eat healthy. Some of my most cherished memories are cooking with my grandma and mom.

Be creative and try different fruit and veggie combos. I like to use apples and shredded carrots instead of the peaches and pineapple, so experiment and try different combinations.



Peanut, Peach and Pineapple Wrap

Ingredients:

- 1 can sliced peaches, drained
- 1 can pineapple tidbits, in juice, drained
- ½ cup red or green bell peppers (sliced or chopped)
- 1 teaspoon cinnamon
- 4 Whole Wheat Tortillas
- ½ cup Chunky Peanut Butter
- 3 cups Lettuce

Directions

1. In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon
2. Warm the tortillas a few seconds in the microwave or skillet or warm in aluminum foil and warm in the oven at 350 degrees for 3-5 minutes.
3. Spread 2 Tablespoons of peanut butter on one side of each tortilla, leaving room along the edges
4. Spoon equal amounts of the peach mixture over peanut butter, then top with lettuce.
5. Fold the sides and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

Source: USDA Mixing Bowl

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Potato and Bean Hash with Eggs

1. Microwave or bake a potato, let cool, then cut into ½ inch chunks and set aside.
2. From the fridge, grab any leftover veggies, chop and put them in a large skillet with 1 TSBP olive oil. Sauté until tender and lightly golden, about 5 minutes.
3. Add cooked potato chunks and ½ can drained and rinsed black beans and season with paprika, pepper and garlic powder.
4. Push mixture to the side of the skillet and crack 1-2 eggs on the empty side; cook to desired doneness. Serve potato and bean hash with eggs.
5. Top with your favorite cheese and/or salsa.

Variation: Swap white potatoes for sweet potatoes, parsnips or plantain; or substitute white kidney or garbanzo beans for black beans. Add onion, scallion and garlic. For a vegan version, substitute tofu for the egg.