

# Delightful Food Ideas

## Healthful And Quick Meals Made Easy With Avocados

(NAPSA)—Even when you're balancing a busy schedule, it doesn't have to be challenging to try to eat right all the time and honor your resolutions. Eating healthy doesn't always require a lot of preparation time, especially when you use ingredients that are easy to work with and inherently nutritious.

For instance, Hass avocados are great to incorporate into healthy meals. Not only do they add delicious flavor but they're easy to prepare and offer numerous nutritional benefits. Avocados contribute nearly 20 vitamins, minerals and phytonutrients to your diet. They're virtually the only fruit that has monounsaturated fat. Additionally, avocados are cholesterol- and sodium-free and act as a "nutrient booster" by enabling the body to absorb more nutrients in foods eaten with them.

For a delicious meal that's also healthful and quick to make, try Lettuce Cups with Hass Avocado, Tangerine and Salmon. For more recipe ideas, visit [www.AvocadoCentral.com](http://www.AvocadoCentral.com).

### Lettuce Cups with Hass Avocado, Tangerine and Salmon

*Serves: 4*

*Prep time: 20 minutes*

*Total time: 20 minutes*

#### Ingredients:

- 1 ripe, fresh Hass avocado, seeded and cubed
- 1 Tbsp. fresh lemon juice
- 6 tangerines, peeled,



You won't have to fish for compliments when you serve salmon and avocado.

separated into segments and cut in half

3 green onions, thinly sliced

½ lb. salmon fillet, cooked and flaked into pieces

½ cup finely chopped red bell pepper

½ cup shredded jicama

12 small butter lettuce

leaves, trimmed

Ginger Sauce (see make-ahead recipe below)

#### Instructions:

1. In a small bowl, toss avocado with lemon juice. Add tangerines, green onions, salmon, bell pepper and jicama. Stir until combined.

2. Serve lettuce leaves, filling and Ginger Sauce in separate bowls. Allow each person to fill lettuce leaves and spoon on sauce.

### Ginger Sauce

#### Ingredients:

- ½ cup seasoned rice vinegar
- 6 Tbsp. low-sodium soy sauce
- ¼ cup chopped, fresh cilantro leaves
- 4 tsp. grated gingerroot
- 2 tsp. sesame oil
- 1 tsp. red pepper flakes

#### Instructions:

Combine all ingredients.

**Tip:** The prepared salmon for this dish can be grilled, sautéed, baked or poached, depending on preference.

**Nutrition Information Per Serving:** Calories 290; Total Fat 14 g (Sat 2.5 g, Trans 0 g, Poly 2.5 g, Mono 6 g); Cholesterol 25 mg; Sodium 830 mg; Potassium 770 mg; Total Carbohydrates 32 g; Dietary Fiber 6 g; Total Sugars 17 g; Protein 12 g; Vitamin A 2,260 IU; Vitamin C 74 mg; Calcium 82 mg; Iron 2 mg; Vitamin D 0 IU; Folate 93 mcg; Omega-3 Fatty Acid 1 g

% Daily Value\*: Vitamin A 45 percent; Vitamin C 120 percent; Calcium 8 percent; Iron 10 percent

\* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**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.