

Heart-Healthy Favorites That Treat Your Taste Buds

(NAPSA)—Whether you're barbecuing with the family or hosting a get-together with neighbors on a warm, sunny day, you can treat them to a meal that appeals to their taste buds as well as their hearts. Some foods, such as California avocados and certain types of fish, feature heart-healthy fats and are flavorful options that can leave your guests feeling satisfied, while still following a healthy diet.

Did You Know?

California avocados are one of the few fruits that provide "good" fats. Seventy-five percent of the fat in a California avocado is unsaturated fat (3.5 grams per 1 ounce serving). Replacing some saturated fat with unsaturated fat lowers both total cholesterol and low-density lipoprotein (LDL) cholesterol levels, the so called "bad" cholesterol.

As a bonus, naturally sodium and cholesterol free, one-fifth of a medium California avocado (1 ounce) contributes nearly 20 vitamins, minerals and phytonutrients that can contribute to the nutrient quality of your diet. Phytonutrients are thought to help prevent many chronic diseases. And the avocado's versatile flavor profile makes it a great, refreshing addition to a number of favorite meals.

Omega-3s Provide Added Benefits

According to the American Heart Association, certain types of fatty fish, including salmon, mackerel, herring, lake trout, sardines and albacore tuna, are high in omega-3 fatty acids, which have been shown to provide heart health benefits, including a decreased risk for abnormal heartbeats, a decrease in triglyceride levels, a slowing of the plaque buildup and slightly lower blood pressure.

Heart disease is the leading cause of death in the United States. To help reduce risk of



Salmon and California avocados are a delicious nutritional power couple.

developing cardiovascular disease, the American Heart Association recommends eating at least two servings of fish (particularly fatty fish) two times a week. A serving is 3.5 ounces of cooked fish, or about $\frac{3}{4}$ cup of flaked fish.

The Power Pair Meets Your Plate

California avocados and heart-healthy fatty fish can be quite the power couple. You may like to try this simple, yet refreshing, Glazed Salmon with California Avocado Slaw recipe that can wow your guests and their hearts.

For other delicious recipe ideas that feature fresh California avocados, visit the California Avocado Commission website at www.CaliforniaAvocado.com or on Facebook at www.Facebook.com/CaliforniaAvocados.

Glazed Salmon with California Avocado Slaw

Serves: 4

Prep Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- 3 Tbsp. soy sauce
- 1 clove garlic, peeled
- 1 tsp. peeled and finely chopped fresh ginger
- $2\frac{1}{2}$ Tbsp. honey
- 1 tsp. sesame oil
- $\frac{1}{4}$ cup seasoned rice vinegar
- $\frac{1}{4}$ cup olive oil
- 4 (5-oz.) salmon filets

- $\frac{1}{4}$ cup sliced water chestnuts, cut into thin strips
- 1 medium carrot, shredded
- 1 red bell pepper, thinly sliced
- 3 cups shredded Napa cabbage
- Salt and ground black pepper, to taste
- 1 ripe Fresh California Avocado, peeled, seeded and cut into $\frac{1}{4}$ -inch cubes

Instructions:

1. Place soy sauce, garlic, ginger, honey, sesame oil, vinegar and olive oil in a food processor or blender. Blend until smooth and creamy.
2. Place salmon filets in a shallow dish and pour half the soy sauce mixture over top; turning filets to coat on all sides. Set aside.
3. Place water chestnuts, carrot, bell pepper and cabbage in a medium bowl and toss with remaining soy sauce mixture. Season with salt and pepper. Add avocado and toss to combine. Set aside.
4. Heat small amount of olive oil in a nonstick skillet over medium high heat. Place salmon skin-side up and cook until nicely browned, about 6 minutes. Turn salmon over and cook until it is cooked through, about 6 minutes more.

5. To serve: Plate salmon and spoon slaw over each filet.

Nutrition Information Per Serving: Calories 390; Total Fat 17 g (Sat 2.5 g, Trans 0 g, Poly 5 g, Mono 8 g); Cholesterol 80 mg; Sodium 380 mg; Total Carbohydrates 26 g; Dietary Fiber 6 g; Protein 32 g

• 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.