

## **Awesome Avocados**

Not only are avocados a great source of heart healthy "good fats", they also contain more than half of our daily fiber requirements, AND 40% of our recommended daily foliate!

Fitness Magazine offers this tip for Avocados- add it to your salad, and it can actually increase nutrient absorption up to 5 times that of a salad without the awesome addition!

Try this for dinner tonight-

### **Pinto Bean Tacos**

- 1/2 cup canned pinto beans, rinsed and drained
- 1 lime, juiced
- 1/4 tsp. cumin & chili powder
- 1/2 cup tomato, chopped
- 1/4 cup chopped avocado
- 1 cup shredded lettuce
- 2 whole grain tortillas

Mix beans, lime juice, cumin, & chili powder in a microwave safe bowl, and warm in the microwave. Put bean mixture onto tortillas, and top with lettuce, tomato, and avocado