HEALTHY FAT

Fat is an essential nutrient that helps your body absorb vitamins, supports healthy cells, and hormones, and adds flavor and satifaction to eating. Choosing more unsaturated fats can support heart health, especially when they replace foods that are high in saturated fat.

Choose Unsaturated

Heart-healthy fats are found in foods like olive oil, avocado, nuts, seeds, and fatty fish such as salmon. Try simple swaps like cooking with olive oil instead of butter, adding avocado to toast or sandwiches, sprinkling nuts or seeds on meals, or choosing fish more often

White Bean Dip

Ingredients

1 can cannelini beans
rinsed & drained
2 Tbsp olive oil
1-2 cloves garlic
2 Tbsp lemon juice
½ Tsp lemon zest
¼ tsp salt
black pepper to taste
2-4 Tbsps water
2-4 Tbps of Fresh herbs: Basil, rosemary, dill, mint, tarragon or parsley.

Directions

Add beans, oil, garlic, lemon juice & zest, herbs, salt, and pepper to food processor or blender. Blend until smooth. Add water as needed to reach desired consistency. Taste and adjust seasonings.

Walnut-Basil Pesto

Ingredients

2 cups packed fresh basil
½ cup walnuts
⅓ cup olive oil
⅓ cup grated Parmesan cheese
1–2 cloves garlic
1 Tbsp lemon juice
Salt and pepper, to taste

Directions

Add basil, walnuts, Parmesan, garlic, and lemon juice to a food processor. Pulse until finely chopped. With the food processor running, slowly add olive oil and blend until combined. Season with salt and pepper. Toss with pasta, spread on toast, or use as a flavorful topping for vegetables.

Tip: Try walnuts, almonds, pumpkin seeds, or sunflower seeds to make pesto your own!

Avocado Tomato Toast

Ingredients

- 2 ripe avocados
- 1 cup diced fresh tomatoes
- 1 Tbsp lime or lemon juice
- 2 Tbsp chopped fresh basil or cilantro
- Salt and pepper, to taste
- 4 slices bread

Directions

Lightly toast the bread. Mash avocado with lemon or lime juice and season with salt and pepper. Spread avocado over toast and top with tomatoes and fresh herbs. Serve immediately.

Easy Caprese Skewers

Ingredients

- 12 cherry tomatoes
- 12 small fresh mozzarella balls
- 12 fresh basil leaves
- 1 Tbsp extra-virgin olive oil
- Black pepper, to taste
- Balsamic vinegar or glaze, optional

Directions

Thread a cherry tomato, basil leaf, and mozzarella ball onto each small skewer or toothpick. Arrange on a plate and drizzle lightly with olive oil. Finish with black pepper and, if desired, a small drizzle of balsamic vinegar.