

APRIL



American
Heart
Association.

EVERYBODY GETS STRESSED SOMETIMES.

How do you want to live? Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more. Click here to learn how to stop stress in its tracks!

**+ STOP IN ITS
STRESS TRACKS**

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*Do you have a plan for the next time
your mental pedal is to the metal?*



Grilled Avocado with Strawberry and Honey



INGREDIENTS

Serves 4 (Serving Size 1/2 avocado)

- Cooking spray
- 2 cups hulled strawberries (quartered)
- 1 Tbsp honey
- 2 small avocados (halved, pitted)
- 2 Tbsp chopped, fresh mint

DIRECTIONS

1. In a small bowl, gently stir together the strawberries and honey. Cover and refrigerate for 1 to 4 hours, stirring occasionally to let the strawberries macerate and release their natural juices.
2. When the strawberries are ready, preheat the grill on medium high.
3. Lightly spray each avocado with cooking spray. Place the avocados on the grill with the stem side facing 10 o'clock. Grill for 1 to 2 minutes. Rotate the avocados so that the stem side is facing 2 o'clock. Grill for 1 to 2 minutes. Transfer the avocado halves to plates with the flesh side up.
4. Remove the strawberry mixture from the refrigerator. Fold in the mint.
5. Spoon the strawberry mixture over each avocado half and serve.

Nutritional Facts

Calories	165	Cholesterol	0 mg
Total Fat	11.3 g	Sodium	8 mg
Saturated Fat	1.6 g	Total Carbohydrate	17 g
Trans Fat	0.0 g	Dietary Fiber	7 g
Polyunsaturated Fat	1.5 g	Sugars	9 g
Monounsaturated Fat	7.4 g	Protein	2 g

Dietary Exchanges: 1 fruit, 1 vegetable, 2 fat