

# MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start!

It's not about dieting or restrictions – it's about taking a moment to take it in.

Click on the link below for easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal!



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## Panzanella Salad with Avocado and Tomatoes

 SERVES 8 / SERVING SIZE 1 1/4 CUPS

### Ingredients

- 1/2 French baguette (lowest sodium available), cut into 6 cups of bread cubes
- 1 tablespoon canola or corn oil and 3 tablespoons canola or corn oil, divided use
- 1/2 teaspoon garlic powder
- 2 cups tightly packed fresh basil (about 1 bunch)
- 1 medium avocado (halved, pitted, coarsely chopped)
- 2 tablespoons white vinegar
- 1/8 teaspoon salt
- 3 tablespoons water plus 1 to 2 tablespoons water, as needed
- 2 medium tomatoes, diced (about 2 cups)
- 1 medium English, or hothouse, cucumber, chopped
- 1/3 cup chopped red onion
- 2 teaspoons chopped capers (drained)

### Directions

Preheat the oven to 325°F.

Line a baking sheet with aluminum foil. Place the bread cubes on the baking sheet. Drizzle with 1 tablespoon oil. Sprinkle the garlic powder over the bread cubes. Toss to coat. Bake for 15 to 20 minutes, or until the croutons are golden brown.

Meanwhile, in a food processor or blender, process the basil for 15 to 30 seconds, or just until finely chopped. Add the avocado, vinegar, and salt. Pour the remaining 3 tablespoons oil and 3 tablespoons water through the feeder tube. Add 1 to 2 tablespoons more water if the salad dressing is thicker than the desired consistency.

Put the tomatoes, cucumber, onion, capers and croutons in a large bowl.

Pour the dressing over the salad and croutons, tossing to coat.

Serve immediately or let stand for 30 minutes so the croutons can absorb the dressing.

**Tip:** Because English cucumbers are seedless, they release less liquid than other types of cucumbers, making them ideal for salads. For other types of cucumber, use a spoon to remove and discard the seeds before adding the cucumber to a salad.

### Nutritional Facts

Calories	200	Cholesterol	0 mg
Total Fat	11.5 g	Sodium	234 mg
Saturated Fat	1.0 g	Total Carbohydrate	21 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polyunsaturated Fat	2.5 g	Sugars	2 g
Monounsaturated Fat	7.0 g	Protein	5 g

Dietary Exchanges: 1 starch, 1 vegetable, 2 fat