



## + STOP STRESS IN ITS TRACKS +

**Everybody gets stressed sometimes.**

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.

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

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### Grilled Avocado with Strawberry and Honey

SERVES 4 (SERVING SIZE 1/2 AVOCADO)

#### Ingredients

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

#### Directions

- 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.
- When the strawberries are ready, preheat the grill on medium high.
- 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.
- Remove the strawberry mixture from the refrigerator. Fold in the mint.
- 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