

# Food&Dining

REACH US || SUZANNE LAMBERT, SUZANNE.LAMBERT@ARIZONAREPUBLIC.COM & DEBORA BRITZ, DEBORA.BRITZ@ARIZONAREPUBLIC.COM

MICHELLE DUDASH DISH WITH DUDASH

## Spinach dip, veggie wrap use avocados



You won't miss the classic party dips of summer after you taste my lightened-up avocado, spinach and Greek yogurt dip.

As you nosh on this poolside, you can feel good knowing this superfood snack derives mostly from fruits and vegetables, including in-season California avocados.

Meanwhile, my avocado and white bean wrap is light yet satisfying, making an excellent meatless Monday option.

When you roll this wrap tightly, it is a

surprisingly portable snack that you can take with you while carrying on with your busy day. This wrap is bursting with fruits and vegetables, whole grains and beans, and can double as a plant-based lunch.

Michelle Dudash of Scottsdale is a registered dietitian, chef and columnist for *The Arizona Republic* and publisher of a healthy eating newsletter, *michelledudash.com*. She created both recipes the California Avocado Commission.



PHOTOS PROVIDED BY CALIFORNIA AVOCADO COMMISSION  
California Avocado, Spinach and Greek Yogurt Dip.

### California Avocado, Spinach and Greek Yogurt Dip

Servings: 8

Prep time: 15 min.

Cook time: None.

Total time: 15 min.

2 scallions, each cut into 4 pieces

2 ripe, large California avocados, seeded, peeled and quartered

1½ cup nonfat Greek yogurt

2 tablespoons grated Parmesan cheese

1 tablespoon plus 1 teaspoon fresh lemon juice

1 tablespoon plus 1 teaspoon reduced-sodium soy sauce or liquid amino acids

½ teaspoon garlic powder

Freshly ground black pepper

1 (10-ounce) package frozen chopped spinach, thawed, moisture squeezed out well  
Vegetable crudités or whole-grain pita chips for dipping

Finely chop the scallions in a food processor. Add the avocados, yogurt, Parmesan, lemon juice, soy sauce, garlic powder and pepper, and puree until smooth. Add spinach and pulse just until incorporated. For optimal taste, refrigerate for a few hours before serving. Place plastic wrap directly on the dip to prevent surface browning. Serve with whole-grain pita chips and vegetable crudités.  
Per serving: 80 calories, 6 g fat, 0 cholesterol; 110 mg sodium; 6 g carbohydrates; 4 g fiber; 3 g protein.

FROM MICHELLE DUDASH

### California Avocado and White Bean Wrap

Servings: 2

Prep time: 10 min.

Cook time: None.

Total time: 10 min.

½ cup canned white beans, rinsed and drained

1 teaspoon balsamic vinegar, plus additional for drizzling

1 (8-inch) low-sodium whole-grain tortilla

½ ripe, large California Avocado, seeded, peeled and sliced

½ red bell pepper, cut into thin strips

½ cup baby spinach

¼ teaspoon salt-free garlic and herb seasoning

Freshly ground black pepper, to taste

Place the beans and balsamic vinegar in a small bowl and mash with a fork. Spread a thin layer of the mixture on the bottom two-thirds of the tortilla plus spread a line of the mixture at the top edge of the tortilla, which helps seal the tortilla after wrapping.

Lay the avocado on top of the beans. Place the bell peppers in a horizontal line above the avocado. Sprinkle on the garlic and herb seasoning and pepper. Top with spinach and drizzle with a few drops of balsamic. Starting with the bottom of the tortilla, roll it tightly. Cut in half diagonally. For optimal freshness, enjoy on the same day of preparation.

Per serving: 170 calories; 6 g fat, 0 cholesterol,



California Avocado and White Bean Wrap.

60 mg sodium; 26 g carbohydrates, 6 g fiber, 6 g protein.

FROM MICHELLE DUDASH