Cheap, Fast, and Healthy Lesson (8 April 2015)

Avocado Mac & Cheese

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Goal: Participants will have learned how to prepare a healthy mac & cheese recipe

Objectives: Upon completion of a cooking demonstration and nutrition message, culinary corner participants will be able to name at least one of the health benefits of avocados based on a post–lesson verbal survey.

Instructor Resources:
- Ingredients (attached in recipe)
- Measuring cups / spoon
- Stove-top pot
- Food processor
- Medium mixing bowl
- Small saucepan
- Whisk
- Wooden spoon

Participant Resources:
- Avocado nutrition education fact sheet handouts

Outline:

Preparation:
- Arrive 30 minutes early to prepare for the lesson by getting ingredients and supplies ready. Start boiling water immediately upon arrival. Set out Avocado nutrition education factsheet.

Presentation:
- Introduce yourself
- Tell the participants that today we are going to be making a healthy version of the classic comfort food: Mac & cheese
  i. Instead of making regular mac & cheese and smothering it is cheese sauce which is high in saturated fat, sodium, and cholesterol, we are going to improve upon the classic cheese sauce by using avocado which is going to reduce the amount of unhealthy fat and replace it with a more heart healthy fat.
  ii. Explain that the first thing we need to do is add the noodles to the (already boiling) water.
  iii. As the noodles cook demonstrate how to cut and peel an avocado (while doing so explain some of the health benefits of avocados – they are rich in vitamins and minerals. Talk about potassium and the importance to
heart health. Discuss the fact that avocados contain healthy fats, also good for heart health).

iv. Add the avocado, garlic powder, lime juice, and cilantro to the food processor until creamy smooth.

v. Make the flour, butter, milk, cheese sauce.

vi. After the noodles are done, add the avocado and the cheese sauce, stir and serve.

**Evaluation:**

- Ask the participants if anyone can name at least one of the benefits of using avocado in this recipe instead of all cheese?