



FIESTA FISH DIP

RECIPE MAKES 1 serving

NUTRITION INFORMATION

Calories: 258

Total Fat: 9 g

Saturated Fat: 1 g

Cholesterol: 38 mg

Sodium: 745 mg

Total Carbohydrate: 9 g

Fiber: 5 g

Sugars: 2 g

Protein: 35 g

Marion County Public Health Department

NUTRITION SERVICES



FIESTA FISH DIP

With just 3 ingredients, this dip recipe comes together in a pinch for a quick and easy high protein meal, snack, or appetizer. Keep these ingredients on hand for this grab and go recipe when you haven't had time to plan for a healthy meal. You can eat it as a dip with tortilla chips or bell pepper strips, add it to a salad for a boost of protein, or roll it up in a wrap with crunchy lettuce and other veggies of your choice.

INGREDIENTS

1 can of tuna or salmon (chicken will work too)

½ an avocado (or ¼ cup of guacamole)

¼ cup of salsa

Optional:

chips and/or bell pepper strips for serving

DIRECTIONS

Drain can of fish.

Mash and mix fish, salsa and avocado.

RECIPE NOTES

The American Heart Association recommend eating 2 servings of "non-fried" fish each week, and most people aren't meeting that recommendation. Fish is a great source of omega-3 fats that help promote heart health and reduce your risk of stroke. Canned fish is an affordable, convenient, and delicious way to help ensure you are receiving those benefits.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.