



AWESOME AVOCADO



Have you ever tasted an avocado? You may not have realized that the delicious guacamole you enjoy is made with avocados. Avocados are packed with more than 20 different nutrients, so enjoying them is a healthy thing to do. While guacamole is a common way to eat avocados, try a slice on your sandwich, dice some on a salad, or fill a half with chicken or tuna salad. Any way you slice them, avocados are tasty nutrition.

Did You Know?

- The avocado is a tropical fruit often considered a “vegetable fruit” because of its unique flavor and the ways in which it can be used. Unlike other fruits which tend to gain sugar, the sugar content of the avocado decreases as it ripens.
- The Aztecs called them ahuacatl
- The French call them avocat
- The Spanish call them aguacate
- But, in America they are called avocados.
- You can tell whether an avocado is ripe and ready to eat by gently squeezing the fruit in the palm of your hand. Ripe, ready-to-eat fruit will be firm yet will give to gentle pressure.
- If your avocado is still firm, place it in a plain brown bag and store on the counter. Check it every day. It will be ready to eat in two to five days.
- Just like any other fruit or vegetable, wash it well before you slice it.

TRY:

Simple Salad

- 1 head romaine lettuce
- Low-fat Italian dressing
- 1 avocado, cubed or sliced
- 1 tomato, cubed or sliced

Tear lettuce into a salad bowl and toss lightly with dressing to coat the leaves. Add avocado and tomato. Toss again and serve.

Great Green Guacamole

- 2 medium-sized ripe avocados
- 2 green onions, thinly sliced
- 1/4 teaspoon salt
- 2 tablespoons lemon or lime juice
- 1 tablespoon fresh cilantro, chopped
- a few drops Tabasco sauce

Peel and pit the avocados and cut them into small pieces. Mash all the ingredients with a fork to a slightly coarse texture. Serve with tortilla chips or vegetables, or use in place of mayonnaise on a sandwich.



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