

HARVEST OF THE MONTH:

Avocado



HEALTHY BENEFITS OF EATING AVOCADOS?

- Does your child remember the health benefits of avocado?
- Good source of Vitamin K (helps heal cuts), folate (healthy blood), manganese (healthy bones) and fiber (healthy digestion).
- Good source of monosaturated fat that helps lower LDL (bad) cholesterol levels.
- Good source of omega-3 fatty acids that may help prevent heart disease.
- Green fruits and vegetables help maintain strong bones and teeth.

PRODUCE & PURCHASING TIPS

- Pick avocados that are firm but give to gentle pressure.
- Place unripe avocados in a paper bag for two to three days to help ripen.
- Rub lemon or lime juice onto cut fruit to avoid browning, or add the pit of the avocado to the dish.
- To serve, cut lengthwise around the pit, twist halves open. Remove the pit, scoop out fruit or slice.

SERVING SUGGESTIONS FOR AVOCADOS

- Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips.
- Dice up avocado as a salad topping.
- Try mashed avocados as a spread on sandwiches in place of butter or mayo.
- Top scrambled eggs with diced avocado, instead of cheese.

Nutrition Facts

Serving Size 150 g

Amount Per Serving

Calories 240 Calories from Fat 184

% Daily Value*

Total Fat 22g 34%

Saturated Fat 3g 16%

Trans Fat

Cholesterol 0mg 0%

Sodium 11mg 0%

Total Carbohydrate 13g 4%

Dietary Fiber 10g 40%

Sugars 1g

Protein 3g

Vitamin A 4% • Vitamin C 25%

Calcium 2% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Avocado Recipes

CRACKER STACKER

Assemble 1 whole wheat cracker with ¼ tomato slice and 1 chunk of avocado slice. Enjoy!

EASY CHEESE & AVOCADO SALAD

INGREDIENTS

- 1 head romaine lettuce
- 1 15-oz. can black or pinto beans, rinsed and drained
- 1 medium avocado, cubed
- 1 medium tomato, diced
- 2 oz. low-fat cheddar cheese
- Salsa
- Lime wedges

DIRECTIONS

Chop lettuce and place on salad plate. Sprinkle beans, avocado and tomato over lettuce. Top with cheddar cheese, your favorite salsa and the juice of lime wedges.

GUACAMOLE

INGREDIENTS

- 4 medium Hass avocados (ripe)
- 2 medium tomatoes (ripe), diced
- ½ red onion, chopped
- 4 cloves garlic, minced
- 4 T. fresh cilantro, chopped
- Juice of 1 large lime
- ½ tsp. ground black pepper
- ½ tsp. salt

DIRECTIONS

Peel, pit and dice avocados. In medium bowl, combine all ingredients. Stir well but maintain chunky consistency. Let sit 10 minutes for best flavor. Serve with baked tortilla chips.

CALIFORNIA CHICKEN AND WILD RICE SALAD

INGREDIENTS

- 1 package mixed white and wild rice
- 1 tablespoon fresh lemon juice
- 4 scallions, chopped
- 2 ripe avocados
- 1 cup cherry tomatoes
- 1/2 cup toasted pine nuts or sliced almonds
- 3 cups cooked chicken, cut into bite-sized pieces

DIRECTIONS

Prepare rice according to package directions. When rice is ready, stir in chicken and scallions and toss well. Pour into a serving dish and chill. Dice avocados and toss with lemon juice. Garnish salad with avocados, nuts, and cherry tomatoes and serve.

AVOCADO BREAD

INGREDIENTS

- 2 C. all-purpose flour
- ¾ cup sugar
- 1 ½ tsp. baking powder
- ½ teaspoon baking soda
- ½ tsp. salt
- 1 large egg
- ½ C. mashed avocado (1 med. avocado)
- ½ cup milk
- ½ C. chopped pecans, optional

DIRECTIONS

Preheat the oven to 375 degrees F. Generously grease a 9 x 5-inch loaf pan. Combine the flour, sugar, baking powder, soda, and salt in a large mixing bowl. Whisk to blend thoroughly. In a separate bowl, beat together the egg and avocado. Stir in the milk. Add to the dry ingredients and blend well. Stir in the pecans. Pour into the prepared pan and bake for 50-60 minutes, or until a wooden pick inserted in the center comes out clean. Let cool and serve.