

Avocado

Key Points

- For the best buy, choose fresh avocados that are firm, but slightly soft to the touch.
- To prepare a fresh avocado, cut in half lengthwise, then twist to separate the halves. Remove the pit and scoop out the inside of the avocado with a spoon.
- Ripen fresh avocados at room temperature, then refrigerate and use within 2 to 3 days. Once cut, fresh avocados brown quickly. To store cut fruit, sprinkle with lemon juice, cover tightly and refrigerate.
- Avocados contain heart healthy fats which may help lower cholesterol.



Avocado and Tomato Salad

Ingredients:

4 avocados, pitted, peeled, and diced
4 tomatoes, chopped
1 onion, thinly sliced
1 tablespoon vegetable oil
2 tablespoons vinegar
1/2 teaspoon garlic powder
1/4 teaspoon oregano
Black pepper to taste
1 dash of salt

Directions:

1. In a large bowl, toss together avocados, tomato and onion.
2. In a small bowl, stir together the oil, vinegar, garlic powder, oregano, black pepper and salt. Pour over avocado and tomato mixture. Mix gently.
3. Cover and chill for one hour before serving.
4. Refrigerate leftovers.

Makes 8 servings.

Classic Guacamole

Ingredients:

2 avocados, pitted and peeled
1/2 onion, chopped
1 tomato, chopped
1 tablespoon chopped fresh parsley or cilantro
3 tablespoons lemon or lime juice
1 garlic clove, chopped
1 dash salt
1/4 cup canned green chili peppers, diced (optional)

Directions:

1. In a medium bowl, mash avocado with a fork.
2. Add onion, tomato, parsley, lemon juice, garlic, salt and green chili peppers, and stir well.
3. Serve immediately with raw vegetables or tortilla chips.
4. Store leftovers, tightly covered in the refrigerator, for up to 24 hours.

Makes 4 servings.

Quick Tips

- Add thinly sliced avocado to sandwiches and burgers.
- Toss sliced avocado in salads.
- Spread mashed avocado on crackers or bagels.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label — What does it tell us?

Recipe Name:
**Avocado and
 Tomato Salad**

Recipe Name:
Classic Guacamole

Nutrition Facts			
Serving Size (192g)		Servings Per Container	
Amount Per Serving			
Calories 190	Calories from Fat 140		
		% Daily Value*	
Total Fat 16g		25%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 85mg		4%	
Total Carbohydrate 13g		4%	
Dietary Fiber 7g		28%	
Sugars 3g			
Protein 3g			
Vitamin A 4%	• Vitamin C 40%		
Calcium 2%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
 - Total fat
 - Saturated fat
 - Trans fat
 - Cholesterol
 - Sodium

4. Get enough of these:
 - Fiber
 - Vitamins A and C
 - Iron
 - Calcium

Nutrition Facts			
Serving Size (175g)		Servings Per Container	
Amount Per Serving			
Calories 180	Calories from Fat 130		
		% Daily Value*	
Total Fat 15g		23%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 210mg		9%	
Total Carbohydrate 13g		4%	
Dietary Fiber 7g		28%	
Sugars 2g			
Protein 2g			
Vitamin A 4%	• Vitamin C 35%		
Calcium 4%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at www.jsyfruitveggies.org for more great recipes!