

# 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

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
Avocado and  
Tomato Salad

**Recipe Name:**  
Classic Guacamole

<b>Nutrition Facts</b>			
Serving Size (192g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 190	Calories from Fat 140		
		% Daily Value*	
<b>Total Fat</b> 16g			<b>25%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 85mg			<b>4%</b>
<b>Total Carbohydrate</b> 13g			<b>4%</b>
Dietary Fiber 7g			<b>28%</b>
Sugars 3g			
<b>Protein</b> 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

<b>Nutrition Facts</b>			
Serving Size (175g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 180	Calories from Fat 130		
		% Daily Value*	
<b>Total Fat</b> 15g			<b>23%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 210mg			<b>9%</b>
<b>Total Carbohydrate</b> 13g			<b>4%</b>
Dietary Fiber 7g			<b>28%</b>
Sugars 2g			
<b>Protein</b> 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**

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