



Avocado

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

One serving of avocado is one-quarter cup sliced avocado. This is about one-fifth of a medium 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 and 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.

Avocado is botanically considered a fruit, because there is a seed inside!



Avocado Recipes



Cracker Stacker

Assemble 1 whole wheat cracker with $\frac{1}{4}$ tomato slice and 1 chunk of avocado slice. Enjoy!

Easy Cheese & Avocado Salad

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

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.

California Chicken and Wild Rice Salad

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

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

2 C. all-purpose flour
1 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ C. mashed avocado (1 med. avocado)
 $\frac{1}{2}$ C. chopped pecans, optional
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon baking soda
1 large egg
 $\frac{1}{2}$ cup milk

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.

Guacamole (Avocado Salsa)

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

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.