

Avocados

Selection - Choose avocados with firm skin that give to gentle pressure. There should be no soft spots.

Storage - Store ripe avocados on the counter (stays fresh for 2 days).

Nutrition - Fiber in avocados can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE AVOCADOS

- To make guacamole (dip), cut avocados in half from end to end and remove pit. Use a spoon to scoop the inside out and throw out the skins. Mash in a bowl and mix with diced tomatoes, garlic powder and lime juice.
- To bake avocados, place halved avocados in baking dish. Place cracked egg into hole and bake at 425 degrees for 10-15 minutes until egg is fully cooked.
- Dice avocados and add to salads, tacos or smoothies.

Avocado, Corn and Cucumber Salsa

Makes 6 Servings

Ingredients

- ☐ 1 (15 ounce) can corn, drained and rinsed
- ☐ 1 cup cucumber, diced
- ☐ 1/4 cup onions, diced
- ☐ 2 tablespoons lemon, lime or orange juice
- ☐ 1/4 teaspoon salt
- ☐ 1/4 teaspoon black pepper (optional)
- ☐ 1 avocado, diced

Directions

1. Add corn, cucumber, onions, juice, salt and black pepper to a large mixing bowl. Stir to mix.
2. Add avocado. Carefully mix avocado into salsa.
3. Allow to marinate for 30 minutes before serving.

Use Avocado, Corn and Cucumber Salsa as a topping for fish tacos or serve as a side dish with grilled chicken breast.



Recipe from:

