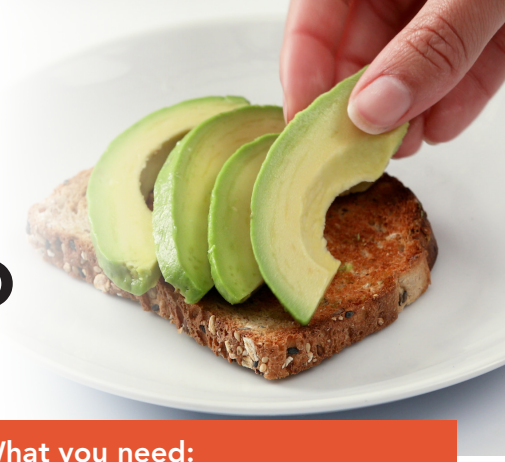
HOW TO CUT An Avocado



Ready in:
5 minutes

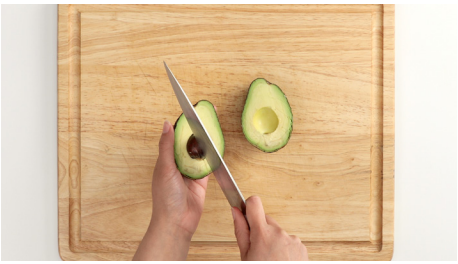
What you need:

- 1 avocado
- Cutting board
- Sharp knife
- Spoon (optional)

Directions

1 Place avocado on cutting board. Holding avocado firmly in place with one hand, use other hand to cut avocado in half with sharp knife, end to end, until the knife hits the pit. Rotate avocado, keeping knife steady, to cut around pit.

2 Twist two halves apart.



3 Carefully press knife into the pit, twist just a little and the pit should come out.

4 If slicing, use a spoon and loosen skin around avocado to remove flesh (soft green part). Do the same with the other half.

5 Place avocado half cut side down on cutting board and slice end to end with knife. Do the same with other half.

Tips

- Avocados are ripe when they turn from green to black and give to firm, gentle pressure.
- Once an avocado is ripe, eat within two days or store whole in refrigerator for up to 3 days.
- Avocados can be peeled, cut and frozen in a freezer-safe storage bag for up to 4 to 6 months.
- To prevent cut avocado from turning brown, toss in lime or lemon juice, cover, and store in refrigerator for up to a day.

Notes: _____

Scan the QR code with your smartphone to see this and other videos.

FEEDING PENNSYLVANIA

PA Healthy Pantry Initiative
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