

# AVOCADOS



GLEANERS



**Storage and preparation tips:** Until they're fully ripe, avocados should be stored at room temperature. For ripe avocados, put them in the refrigerator to keep them at their prime ripeness for longer. To store avocados that are already cut, cover tightly in plastic wrap and/or brush lime or lemon juice on the cut side of the avocado.

**Nutrition benefits:** Rich in fiber, healthy fats, magnesium, B6, vitamin C, vitamin E, and folate. These nutrients work together to enhance the immune system, muscle and nerve function!



## 3 WAYS TO ENJOY AVOCADOS

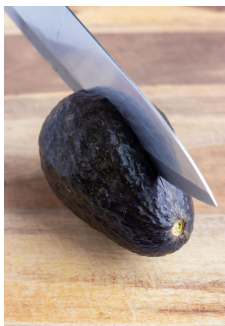
**Raw:** Add mashed avocado to toast, tacos or sandwiches

**Smoothies:** Blend with fruit, milk, yogurt, and/or ice for a creamy texture and boost of healthy fats

**Stuffed:** Remove the pit of the avocado, add a raw egg into each avocado half, and bake until egg is fully cooked

### How to Cut an Avocado

1. Place the avocado on a cutting board.
2. Run a knife down the avocado, lengthwise, pushing in until you feel the pit of the avocado.
3. Spin the avocado along the knife, following the curve of the pit all the way around.
4. Twist the two halves of the avocado apart.
5. Remove pit with a large spoon.



## BEST EVER GUACAMOLE



### Ingredients:

- 3 avocados, ripe
- 1/2 small onion, finely diced
- 2 tomatoes, diced
- 3 tablespoons finely chopped fresh cilantro
- 1 jalapeno pepper, seeds removed and finely diced
- 2 garlic cloves, minced
- 1 lime
- 1/2 teaspoon sea salt



### Instructions:

1. Slice the avocados in half, remove pit and scoop into bowl.
2. Mash avocado with a fork and make it as chunky or smooth as you'd like.
3. Add remaining ingredients and stir together. Give it a taste and add more salt or lime juice as needed.
4. Serve with tortilla chips.

**Serves 4. Nutrition per 1/4 cup serving:** 185 calories, 3 g protein, 16 g fat, 12 g carbohydrates, 8 g fiber, 306 mg sodium

Visit [GleanersNutritionHub.org](https://GleanersNutritionHub.org) for more recipe ideas and cooking tips!