

12 Great Ways to Use...

Avocados

Avocados head the list of healthy fruits, although they're often categorized as a vegetable since they taste so great in salads. Smooth, buttery, and needing nothing but a quick "nick and peel" to eat as a healthy snack, they contain "good" fats, are linked to reduced risk of chronic diseases, and rank as one of the "super foods" of the Mediterranean Diet. Since they're typically eaten fresh, their important nutrients aren't lost in processing or heating. Here are twelve delicious ways to enjoy their creamy flavor and lovely color.

- 1.** Mash half an avocado with a fork and spread it on whole-grain bread or toast for a quick, nourishing breakfast.
- 2.** Add diced avocado to eggs or omelets before cooking.
- 3.** Top baked potatoes with avocado butter, made by mashing a ripe avocado with one tablespoon of lemon or lime juice, salt, and pepper.
- 4.** Garnish vegetable, fruit, and whole grain salads with diced avocado, and then toss gently to mix.
- 5.** Stuff avocado halves with brown rice and olives and garnish with a sprinkling of bleu cheese.
- 6.** Top whole grain crackers with thin slices of avocado and smoked salmon to create a delicious party appetizer.
- 7.** Combine avocados with berries, apples, and mango chunks for a tasty fruit salad.
- 8.** Make a creamy potato salad with chopped avocados, boiled new potatoes, and diced celery, and moisten with a sprinkling of lemon juice, wine, and olive oil.
- 9.** Create a deliciously different salsa by combining diced avocado, chopped tomatoes, corn kernels, chopped cilantro, pepper, and cayenne.
- 10.** Add diced avocado, diced bell pepper, and sliced scallions to cooked pasta, and dress with a mixture of extra-virgin olive oil, vinegar, and mustard for a tasty pasta salad.
- 11.** Put sliced avocado in wraps and sandwiches.
- 12.** Substitute avocado for another fruit in any sorbet recipe and include lemon or lime juice to bring out its flavor.



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