

What Can You Do with...

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, and are linked to reduced risk of chronic diseases. Since they're typically eaten fresh, their important nutrients aren't lost in processing or heating. Here are some 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.** Top baked potatoes with avocado butter, made by mashing a ripe avocado with one tablespoon of lemon or lime juice, salt, and pepper.
- 3.** Stuff avocado halves with brown rice and olives and garnish with a sprinkling of fresh chopped herbs.
- 4.** Garnish vegetable, fruit, and whole grain salads with diced avocado, and then toss gently to mix.
- 5.** Top whole grain crackers with thin slices of avocado to create a delicious party appetizer.
- 6.** 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.
- 7.** Combine avocados with berries, apples, and mango chunks for a tasty fruit salad.
- 8.** Create a deliciously different salsa by combining diced avocado, chopped tomatoes, corn kernels, chopped cilantro, pepper, and cayenne.
- 9.** Put sliced avocado in wraps and sandwiches.
- 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.

