

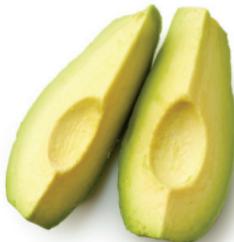
# Avocado



Avocados are a tree fruit that grow in warm climates, such as California and Mexico. Rich in Vitamins C, K, and B-6, Potassium, Fiber, and heart-healthy fats, this fruit is nutrient dense and a great addition to a wide variety of dishes both sweet and savory. While normally eaten raw, it can be seared or grilled to add flavor.

## Storage

Avocados are best kept in a dry dark place at room temperature, and will continue to ripen after purchase. Move to the fridge to slow the ripening process, or store near ripe fruits to speed it up. After cut, cover cut surface tightly with plastic or brush with lemon juice to prevent browning.



## Tips

To cut, slice avocado around the middle down to the pit, then twist the halves apart. Gently cut into the pit with the edge of the knife and twist to remove. Scoop the fruit out of the peel with a spoon and cut as needed.

## Avocado Smoothie

Serves: 1      Total Time: 5 Min.

- ½ ripe avocado, roughly chopped
- 1 cup fruit juice (any kind)
- 2 tsp lemon juice
- ½ cup plain yogurt
- 1-2 cups mixed fruit, fresh or frozen
- 1-2 cups ice cubes

Place all ingredients in a blender and blend until smooth. Add more or less ice and fruit juice to reach desired consistency.



lovin'  
spoonfuls  
a food rescue



## Avocado Tuna Salad

Serves: 3-4      Total Time: 10 Min.

- 1 (5oz) can of tuna, drained
- ½ ripe avocado, roughly chopped
- ½ cup celery, minced
- ¼ cup red onion, minced
- 2 tsp lemon juice
- 1 tbsp fresh cilantro, chopped (or parsley)
- ¼ tsp salt (ideally kosher)
- Ground pepper to taste

Place all ingredients in a medium bowl. Mix with a fork, mashing the avocado and breaking up the chunks of tuna, until well combined. Taste and adjust seasoning. Serve on your favorite whole grain sandwich bread or toast.