

# AVOCADO

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**GREATER  
CHICAGO**  
-FOOD-  
DEPOSITORY®

## CHARACTERISTICS

- Avocados are technically a fruit and can be used in both sweet and savory dishes.
- Select avocados that are slightly soft or firm. Firm avocados will ripen in a few days at room temperature.
- Avocados contain high levels of healthy fat, which is great for skin, digestion, heart and joint health.
- 1 cup of diced avocado contains:
  - 40% of your recommended daily value of fiber to support healthy digestion.
  - 39% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.



## PREPARE

To cut avocados:

1. Wash thoroughly.
2. Cut lengthwise around the seed.
3. Remove seed by gently lifting it out with a spoon.
4. Remove skin by scooping fruit out with a spoon.

Try avocados:

- *Spread* on sandwiches as an alternative to mayonnaise
- *Diced* as part of a salad
- *Blended* as part of a smoothie
- *Mashed* with tomatoes, lime juice and onions to make guacamole

## STORE

- Store unripe avocados at room temperature for 2-4 days. To speed up ripening, store in a brown paper bag at room temperature.
- Refrigerate ripe avocados for up to 5 days.
- Sprinkle cut avocado with lemon or lime juice to prevent browning. Store cut avocado in an airtight container in the refrigerator for up to two days.