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.