

Fruit of the Month

Avocado



Nutrition Facts

Serving Size (30g)
Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat 45**
% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 4% • Vitamin C 4%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Avocados were first cultivated in South America with later migration to Mexico. It was believed that a Mayan princess ate the very first avocado and that it held mystical and magical powers. European sailors traveling to the New World used avocados as their form of butter. Avocados were first seen in the United States in the early 1800's. California is currently the largest producer of avocados stateside. There are more than 80 varieties, with the "Hass" variety dominating the crop share. A single mature avocado tree can produce more than 400 pieces of fruit in a year.

Avocados are loaded with nutrients such as dietary fiber, vitamin B6, vitamin C, vitamin E, potassium, magnesium, and folate. They're also cholesterol and sodium free. Avocados contain 60% more potassium per ounce than bananas. This fruit is an excellent source of *monounsaturated* fat.

How to Select, Ripen, and Peel an Avocado

- Look for firm avocados if you're planning on using them later in the week, otherwise, select fruit that yields to gentle pressure for immediate use.
- Color alone will not tell you if the avocado is ripe. Ripe fruit will be slightly firm, but will yield to gentle pressure.
- To speed the ripening process, place the avocado in a paper bag, and store at room temperature until ready to eat (usually two to five days). Placing an apple together with the avocado speeds up the process even more.
- Cut the avocado in half, slightly twist the two halves, separate, and remove the seed. Starting at the small end and remove the skin with a knife, or, if you prefer, you can also scoop the flesh out with a spoon.
- To retain a fresh green color, avocados should either be eaten immediately or should be sprinkled with lemon or lime juice or white vinegar.

Varieties

There are several varieties of avocados and each have a unique flavor and texture. Here are some of the most common avocado varieties in the United States.



Fuerte

This avocado is known for its thin smooth skin and creamy pale green flesh. The skin remains green when ripe. It is available late fall through spring. Considered a medium to large sized, pear shaped fruit.



Gwen

Considered a Hass to some folks, but really is a different kind of avocado. With its medium to large oval shape and its thick pebbly green skin, this avocado's skin remains green when it's ripe. Gwen varieties are available late winter through late summer.



Hass

The most common type of avocado in the United States is known for its purplish black pebbly skin. The skin darkens when the fruit is ripe and its flesh turns to a creamy pale green. This is the only year round avocado.



Pinkerton

This variety looks like a long pear with pebbly green skin. The skin darkens when the fruit is ripe. The flesh is a creamy pale green with a small seed. This avocado is available winter through spring.



Reed

Also known as the Summertime variety avocado, it is a large round fruit with thick green slightly rough skin. The skin stays green and the flesh is a buttery yellow when the fruit is ripe. This fruit is only available in the summer and early fall.



Zutano

Available fall through early winter, this avocado is characterized by its shiny, yellow green skin and pear shape. It is a large sized fruit that stays the same color when ripe and has pale green flesh.

Photos and variety information courtesy of California Avocado Commission.

Make Avocado Part of Your 5 A Day Plan



- Add some avocado slices to your fruit or salad plates.
- Serve guacamole with baked tortilla chips instead of dip.
- Spice up your sandwiches with avocado wedges.
- Add diced avocados to your omelets for a different texture.
- Make a creamier smoothie by adding an avocado.
- Spread 2 Tbsp of mashed avocado on your wheat toast instead of butter.
- Top your soups and stews with diced avocados in place of sour cream.

Recipes



Citrus Salad with Avocado

Makes 6 servings

Each serving equals one and one half

5 A Day servings

Source: Produce for Better Health

3 corn tortillas, medium

4 oranges, medium

4 grapefruits, medium

2 Tbsp honey

2 Tbsp raspberry vinegar

1 avocado, peeled and sliced

6 sprigs fresh mint for garnish
(optional)

Slice corn tortillas into thin strips. Dry the strips by placing on a cookie sheet and baking in preheated 225° F oven for approximately 15 minutes. Set aside. Grate the oranges to obtain approximately 2 teaspoons of orange rind for each serving. Set aside. Peel oranges and grapefruit, section, and seed. Set sections aside.

Mix honey, raspberry vinegar, orange, and grapefruit sections. Add orange rinds and tortilla strips. Toss all ingredients gently. Top with avocado slices and a sprig of fresh mint for garnish.

Nutritional analysis per serving: calories 184, protein 3g, fat 5g, percent calories from fat 22%, cholesterol 0mg, carbohydrates 36g, fiber 7g, sodium 13mg

Avocado and Fruit Salad topping

Makes 4 servings

Each serving equals three 5 A Day servings

Source: California Avocado Commission

2 red delicious apples, cut into $\frac{1}{2}$ inch cubes

2 tsp lemon juice

2 California avocados, cut into $\frac{1}{2}$ inch cubes

2 kiwi fruits, sliced

1 banana sliced

2 cups strawberries, sliced

2 cups blueberries

4 Tbsp honey

$\frac{1}{4}$ tsp mace (East Indian spice similar to nutmeg)

Place apples in a bowl with lemon juice to keep from browning. Add all other ingredients. Gently mix fruit salad topping. Serve on top of waffles, with or without liquid syrup.

Nutritional analysis per serving: calories 333, protein 3g, fat 9g, percent calories from fat 22%, cholesterol 0mg, carbohydrates 68g, fiber 11g, sodium 14mg



California Avocado Tacos

Makes 12 servings

Each serving equals one 5 A Day serving

Source: California Avocado Commission

1 ripe California avocado, peeled and seeded

1 medium onion, julienned

2 large green peppers, julienned

2 large red peppers, julienned

1 cup fresh cilantro, finely chopped

1½ cups fresh tomato salsa (see below)

12 flour tortillas

non-stick cooking spray

Fresh Tomato Salsa

1 cup tomatoes, diced

1/3 cup onions, diced

1 clove garlic, minced

2 tsp cilantro

1/3 tsp jalapeño peppers, chopped

½ tsp lime, juiced

1/8 tsp cumin

Spray skillet with cooking spray. Lightly sauté onion and green and red peppers.

Cut avocado into 12 slices. Warm tortillas in oven and fill with peppers, onions, avocado slices and salsa. Fold tortillas and serve with salsa.

Salsa Preparation:

Mix together all ingredients; refrigerate if prepared in advance.

Nutritional analysis per serving (tacos with salsa): calories 284, protein 7g, fat 8g, percent calories from fat 25%, cholesterol 0mg, carbohydrates 47g, fiber 5g, sodium 349mg

Chicken Breast with California Avocado Risotto

Makes 8 servings

Each serving equals one 5 A Day servings

Source: California Avocado Commission

- 1 Tbsp olive oil
- 2 cups fresh green bell pepper, diced
- $\frac{1}{2}$ cup frozen corn
- $1\frac{1}{2}$ cup fresh tomato, diced
- 4 cups white rice, cooked
- $\frac{3}{4}$ cup fresh basil, chopped
- $\frac{1}{2}$ medium California avocado, diced



Chicken

- 1 Tbsp olive oil
- 6 (3 oz each) boneless, skinless chicken breasts
- $\frac{1}{2}$ cup capers
- $\frac{3}{4}$ fresh lemon juice
- $\frac{1}{2}$ cup fresh parsley, chopped
- $\frac{1}{2}$ medium California avocado, sliced

Pour olive oil in a skillet and over low heat, sauté the green bell pepper, corn, and tomato for approximately 5 minutes. Add the precooked white rice and basil. Simmer for approximately 5 more minutes and set aside. Add the diced avocado.

Chicken Preparation:

Sauté the chicken breasts in olive oil for approximately 5 minutes on each side over low heat. Remove chicken from skillet and set aside. In the same skillet sauté the capers for approximately 1 minute. Remove from heat and add lemon juice and parsley. To serve, place the risotto mixture on plate and top with chicken breast. Pour the caper and lemon juice mixture over the chicken and rice. Garnish with the California avocado slices.

Nutritional analysis per serving: calories 482, protein 27g, fat 10, percent calories from fat 20%, cholesterol 54mg, carbohydrates 69g, fiber 3g, sodium 61mg