



## Avocados, Fresh

MyPlate Food Group: **Fruit**



### Nutrition Information

- ½ cup of cubed or sliced avocado counts as ½ cup of fruit in the ChooseMyPlate.gov Fruit group.
- Avocados contain many vitamins and minerals that are important for your body, including vitamin C and fiber.
- Avocados contain healthy fats and are a great source of energy.

### Uses and Tips

- Fresh avocados do not need to be cooked or heated. Before eating an avocado, rinse it off with warm water, remove the peel, slice, and enjoy.
- Sliced or cubed avocado makes a delicious addition to salads.
- Avocados contain a seed or pit. This is sometimes called a “stone.” Remove this before serving or eating.
- Mash avocado and use it in place of mayonnaise on a sandwich.
- Avocados are ripe and ready to eat when the outer peel is black and yields to gentle pressure.
- When an avocado is sliced, oxygen in the air can turn the green flesh brown. To avoid this, peel and slice avocados just before serving.
- When avocados are in season they are at their peak flavor and may be less expensive.

### Storing Foods at Home

- Store unripe avocados in paper bag at room temperature. Once ripe, refrigerate for up to 3 days.

## MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!

# USDA Foods

## Guacamole

*Makes 4 servings*

### Ingredients:

- 3 ripe avocados
- Juice from 1 lime
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 tomato, finely chopped (optional)

### Directions:

1. Peel avocados and remove the pit. In a bowl, mash the avocados with a fork or potato masher.
2. Add remaining ingredients and mix well.
3. Enjoy with your favorite veggies or baked tortilla chips.

*Recipe adapted from Oregon State University*

## Avocado Tortilla Soup

*Makes 8 servings*

### Ingredients:

- 3 (14-ounce) cans low sodium chicken broth
- 2 (10.5-ounce) cans low sodium condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 garlic cloves, finely chopped
- ½ teaspoon ground black pepper
- 1 ripe avocado, peeled, pitted, and chopped
- 8 corn tortilla chips, crumbled

### Directions:

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return the blended soup to the pan, add avocado and heat thoroughly.
4. Portion the soup into bowls and garnish with crumbled tortilla chips before serving.

*Recipe adapted from EatFresh.org*