

Avocado

Avocados skin range in color from yellowish green to dark purplish black depending on the variety – most have a yellow to a pale green flesh. The skin and large seed need to be removed before eating.

Avocados are fruit which grow on trees.

Avocados were first cultivated in South America with later migration to Mexico.
It was believed a Mayan princess ate the first avocado and it held mystical and magical power. European sailors traveling to the New World used avocados as their form of "butter."

One tree can produce up to 400 avocados a year. California is currently the largest producer of avocados in the United States. Avocados are available year round in stores.

VARIETIES

There are several varieties of avocados, and each have a unique flavor and texture. The most common varieties found in the United States are: Fuerte, Gwen, Hass, Pinkerton, Reed, and Zutano. Most avocados are pear shaped.



NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in vitamin B6
- A good source of vitamin C
- High in vitamin E
- A good source of potassium, magnesium, folate and fiber

USES

Avocados can be used to make guacamole, added to salads, put on sandwiches, used as butter on your toast, or in place of sour cream.



Chicken and Avocado Wraps
Preparation time: 10 minutes
Number of servings: 3
Cups of fruits or vegetables per serving: 1



3 (10-inch) flour tortillas	1 avocado, chopped
1½ c. lettuce, shredded	2 T. onion, diced
1½ c. chicken breast, cooked and cubed	2 T. barbecue sauce
1 tomato, diced	2 T. ranch dressing

1. Place tortilla on a plate. Top tortilla with lettuce, chicken, tomato, avocado, and onion.
2. In a small bowl, combine barbecue sauce and ranch dressing. Mix well. Drizzle about 1 tablespoon over tortilla.
3. Roll-up tortilla and serve.

Nutrition Information per Serving: Calories 360, Total Fat 21 g (32% DV), Saturated Fat 3 g (15% DV), Cholesterol 50 mg (17% DV), Sodium 810 mg (34% DV), Total Carbohydrate 28 g (9% DV), Dietary Fiber 3 g (12% DV), Sugars 6 g, Protein 21 g, Vitamin A 15%, Vitamin C 25%, Calcium 6%, Iron 8%.

Taquitos
Preparation time: 30 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



2 c. frozen vegetables, thawed (peas, carrots, corn)
⅓ c. Monterey Jack cheese, shredded
12 corn tortillas, warmed
2 tsp. vegetable oil
2 c. salsa
½ avocado, chopped

1. Preheat oven to 450° F. In a medium bowl, mix vegetables and cheese.
2. Spoon ¼ c. vegetables and cheese mixture into the center of each tortilla.
3. Roll each tortilla up tightly and place taquitos on a baking sheet.
4. Brush each taquito lightly with oil. Bake until crispy, about 7 to 10 minutes.
5. While taquitos are baking, mix salsa with avocado.
6. Spoon salsa mixture over taquito and serve.

Nutrition Information per Serving: Calories 360, Total Fat 12 g (18% DV), Saturated Fat 3 g (13% DV), Cholesterol 10 mg (3% DV), Sodium 230 mg (10% DV), Total Carbohydrate 56 g (19% DV), Dietary Fiber 8 g (32% DV), Sugars 3 g, Protein 8 g, Vitamin A 80%, Vitamin C 20%, Calcium 10%, Iron 10%.