

Avocados



Avocados are egg-shaped or round with greenish-skin and flesh. They have a smooth and creamy texture.

Used in:

Salads, smoothies, sandwiches, toast, dips, dressings, and even desserts

What do they taste like?

Avocados have a very subtle light nutty taste.

How do I store, save, and freeze them?

Storing whole avocados: Store whole, unripened avocados at room temperature for 2-4 day. When ripened store in the refrigerator for up to 5 days.

Storing cut avocados: Drizzle flesh with lemon juice, wrap tightly in plastic wrap and store in refrigerator for up to 1 day.

Freezing: Mash the flesh and mix in one tbsp. of lemon juice per two avocados to prevent browning. Store in a freezer safe container, leaving space for expansion. Label and date. Use within 8- 12 months.

How do I prepare them?

1. Rinse the under cold running water to remove any dirt.
2. Using a large knife, cut lengthwise down the middle of the avocado, rotating the avocado to cut all the way around the pit.
3. Gently twist both halves to separate.
4. Hold the half containing the seed in your hand. Use a spoon to pop the seed out. This is safer than using a knife.
5. Slice or dice avocado in skin, or scoop out flesh from each half.



How do I cook them?

Avocados are typically eaten raw due to their creamy texture. Cooking avocados is less common, but they can be grilled or baked in certain recipes. Tip: To prevent browning, sprinkle cut avocados with lemon or lime juice.

Seasoning Ideas:

- **Savory:** Salt, pepper, garlic, lime juice, cilantro, chili flakes, cumin, paprika,
- **Sweet:** Honey, maple syrup, cinnamon, cocoa powder, vanilla extract, berries,

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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Avocados from SNAP-Ed NY:



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SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

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