

Harvest of the Month



January



Avocado



Pick:

- Choose avocados that are heavy for their size with no soft spots. Color is not an indication of ripeness.
- A ripe avocado should yield to slight pressure.

Store:

- To ripen, place in a paper bag at room temperature for a day or two.
- Store ripe avocados in the refrigerator and use within a few days.

Prepare:

- Avocados have a round, hard pit. Simply slice lengthwise around the pit & remove it. Use a spoon and peel away the flesh from the skin.

Nutrition Info

½ cup cubed avocado has 120 calories.

Avocados provide vitamins A, C & E, potassium and folate.

Fun Facts

Avocados brown quickly, so cut just before using or sprinkle with lemon juice to preserve color. If making a guacamole or dip, leave the avocado pit in the dip to help preserve color.

The avocado is also called an Alligator Pear because of its pear-like shape and green textured skin.

Uses

Avocado is the key ingredient in guacamole! Cubed avocados can also be added to salsa or other fresh dips.

Mash 1/3 avocado and spread it on your sandwich in place of mayonnaise.

Sliced avocados can also be added to sandwiches, wraps and burritos.

Family Friendly Activities

Encouraging your children to help in the kitchen is a good way to get them to try new foods. Children are much less likely to reject foods that they helped make.

Here are a few simple kitchen activities:

Setting the table for dinner or the timer for the recipe.

Finding all the ingredients, bowls, and kitchen utensils needed for each recipe.

Measuring the ingredients for the recipe.

Stirring, mixing, or combining the ingredients.

Adding a garnish to the finished recipe!

Harvest of the Month

Avocado Black Bean Salsa

Serves 8 (3/4 cup per serving)

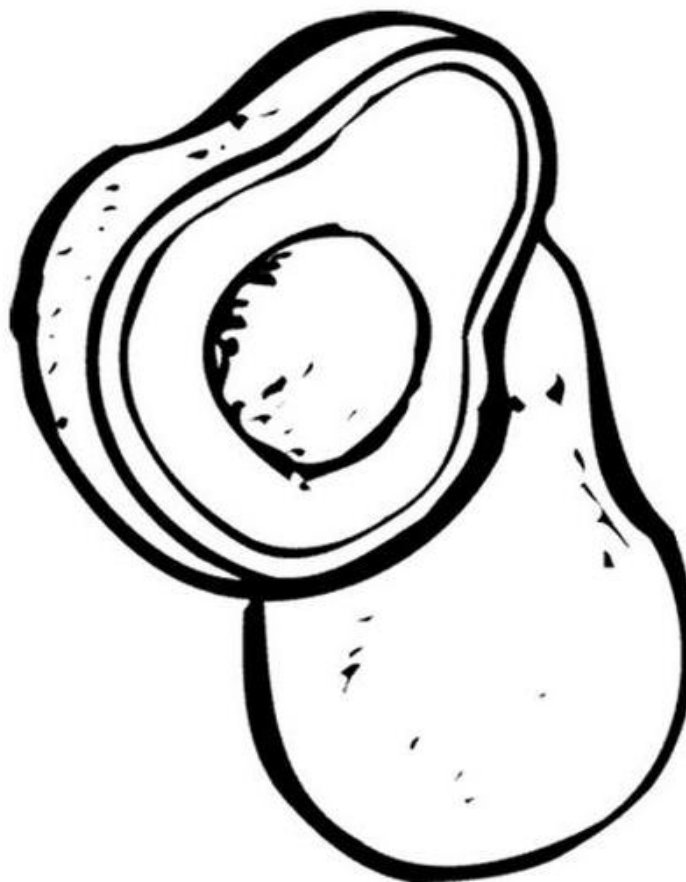
Ingredients:

- 1 (15 ounce) can black beans, drained and rinsed
- 2 cups frozen corn, thawed
- 2 avocados, chopped
- 1 pint cherry tomatoes, halved
- ½ cup red onion, diced
- ½ bunch of fresh cilantro, chopped
- 2 limes, juiced
- 1 jalapeno pepper, minced
- 1 clove fresh garlic, minced
- salt and pepper, to taste

Directions:

Combine beans, corn, avocado, tomatoes, and onion in a large bowl. In a small bowl combine lime juice, cilantro, jalapeno, garlic, salt, and pepper; add to avocado mixture and stir until combined. Refrigerate for several hours before serving.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org



Color an
Avocado!

Nutrition Facts

Serving Size 3/4 cup (202g)
Servings Per Container 8

Amount Per Serving

Calories 160 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 5%

Total Carbohydrate 22g 7%

Dietary Fiber 8g 32%

Sugars 3g

Protein 4g

Vitamin A 8% • Vitamin C 30%

Calcium 4% • Iron 6%

*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