

Fruit & Vege Co-op



Avocado

STORAGE	PREPARATION
<ul style="list-style-type: none">- Buy several days in advance, when still hard, and store at room temperature.- To speed up ripening, store next to a banana or in a paper bag with a banana.- Once ripened, store in the fridge for up to a week.	<ul style="list-style-type: none">- Cut in half, remove stone and skin. Chop or mash as required.- Avocados brown easily so cut just before use.- Squirt with lemon or lime juice to prevent browning.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Avocado goes especially well with tomatoes, lemon, garlic, garlic, chilli, parsley or coriander and vegemite/marmite.- Try it on toast as it is or with tomato.	<ul style="list-style-type: none">- Add avocados to salads and sandwiches.- Use instead of butter on bread or crackers.

RECIPE: Guacamole (Serves 4)

Source: Canterbury District Health Board

2 Ripe avocados
1 Tbsp of lime or lemon juice
1 tomato chopped
Salt and pepper to taste

1. Cut avocados in half, remove seed, scoop out flesh and put in mixing bowl.
2. Mash avocados with a fork; add lime or lemon juice, salt and pepper.
3. Cover with plastic wrap directly on the surface of the guacamole to prevent from browning.
4. Refrigerate until ready to serve.
5. Just before serving, add the chopped tomato to the guacamole mix.
6. For an extra flavour boost, add fresh coriander or chilli.



Serving suggestion

- Serve in sandwiches or wraps.
- Cut up vegetable sticks and use as a dip.

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op