



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# AVOCADO

## AVAILABLE

All year.

## STORE

**Unripe:** at room temperature. Unripe avocados are bright green.

**Ripe:** in the fridge. Will keep for 2–3 days. Ripe avocados are brown green.

## EAT

Raw.

## PREPARE

1. Place avocado on a chopping board.
2. Use a sharp knife to slice avocado from one end to the other. Cut as deep as the stone.
3. Twist cut halves gently in opposite directions to separate them.
4. Scoop out the stone with a spoon.
5. Scoop out flesh with a spoon.
6. Mash, slice or dice.

## AVOID WASTE

**Freeze:** Mix mashed avocado with two teaspoons of lemon or lime juice. Freeze in a sealable bag, removing the air from the bag. Can be frozen for 4 months. Defrost frozen avocado in the fridge overnight.

See [http://www.nzavocado.co.nz/online/about\\_nz\\_avocados.csn](http://www.nzavocado.co.nz/online/about_nz_avocados.csn) for more avocado recipes and information.

## TASTY IDEAS

- Use as a sandwich or toast spread.
- Add sliced avocado to salads. Handy Hint: drizzle lemon juice over prepared avocado to stop it going brown.
- Make guacamole: Mash 1 ripe avocado until smooth. Mix with 1/4c lowfat yoghurt. Add 1/2 a finely chopped onion. Season with a few drops of Tabasco or Worcestershire sauce. Stir in 1T freshly chopped coriander and/or parsley. Serve chilled.
- Make salsa: Mix diced avocado, diced tomatoes and red onion. Flavour with some chopped red chilli. Stir in some fresh coriander and lime or lemon juice and a pinch of salt.