

# AVOCADOS



## WHAT DO THEY TASTE LIKE?

Avocados have a very light nutty and earthy taste. They are creamy in texture.

## HOW DO I PICK THEM?

*If using right away (ripe):* Pick an avocado with a dark skin color that is slightly bumpy. Gently squeeze the avocado to make sure it is slightly soft.

*If saving (unripened):* Pick an avocado with green skin and gently squeeze to make sure it is firm.

## HOW DO I STORE THEM?

Store whole, unripened avocados in a paper bag on the counter, away from sunlight for 4-5 days.

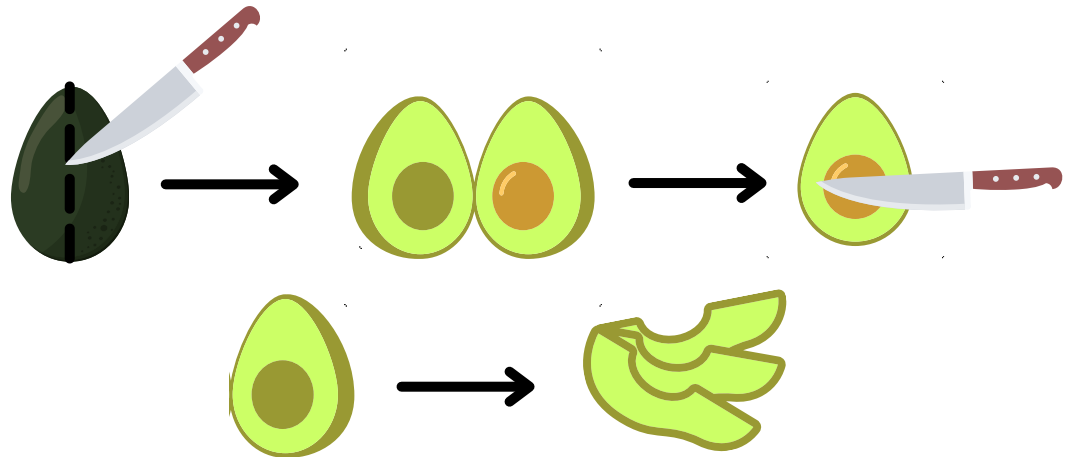
Store whole, ripe avocados in the refrigerator for up to 3 days.

Store a sliced avocado by drizzling lemon juice on top of it then wrap tightly in plastic wrap and store in the refrigerator up to 1 day.



## HOW DO I PREPARE THEM?

1. Using a large knife, cut lengthwise down the middle of the avocado, rotating the avocado to cut all the way around the pit.
2. Cup your hands around the avocado and gently twist both halves to separate.
3. Hold the half containing the seed in your hand. Use the knife to remove the seed by gently banging the blade into the seed then twisting gently to pop the seed out.
4. Remove avocado from the skin using a spoon or a knife.



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## KITCHEN TIP!

Try mashing avocado and spreading it on whole wheat toast. Add sliced avocados to a salad, sandwich, or smoothie.