

Top 10 Ways to Enjoy Avocados

Skip the Mayo! Mash 1/3 an avocado and spread it on your sandwich instead of mayonnaise. Rich in monounsaturated fat, avocados are a healthy substitute for mayonnaise, cream cheese, butter or sour cream.

Salads. Avocado is a deliciously rich, healthy and filling addition to salads. Just dice and toss!



The Perfect Slice. Don't stop with just lettuce and tomatoes ... add some avocado slices to your sandwiches! Not only does this tasty fruit add a delicious flavor but it also adds substance to an otherwise meager concoction. You'll be satisfied!

Stir-Fry. Enjoy avocado as part of a healthy stir-fry dish like California Avocado Stir-Fry.

Grab a Spoon. Halve an avocado, remove the pit and start spooning. Want a little kick? Add some low-sodium soy sauce in that little dip in the middle.



Seafood Sauce. Avocados are perfect in fish and seafood sauces.

The Edible Bowl. Halve an avocado then use a small ice-cream scoop to fill the little dip in the middle with your favorite chicken, tuna, or ham salad recipe.

Spa Day! Mix together one mashed avocado, 1/2 cup of non-instant oatmeal and one tablespoon of honey. Apply to your face, wait 15 minutes then rinse. Ha!

'Devilish' Eggs. Deviling eggs? Get a little twisty! Mash half an avocado in with the yolks, spoon in and enjoy. But don't stop there! Avocados and eggs go great together in omelettes too! Skip the cheese and toss in some diced avocado!

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