

# Taste Test: Avocado



Avocado has become very popular in the last decade! Known for having a creamy interior and green colour, they are rich in omega 3 fatty acids, magnesium, phosphorus, iron, and potassium as well as many other vitamins and minerals. Avocados are native to central and South America and there are many varieties. However, the Hass variety is most popular in North America and contains a pebbled dark green or black skin depending on ripeness.<sup>1</sup>

## Food Fact

Avocados are considered a fruit and have a higher proportion of protein compared to most fruits and lower sugar levels making them a heart-healthy fruit option!<sup>1</sup>

### How to Choose:

- Choose green avocados if you are not planning to use them right away
- Choose black avocados if you want to use them right away
- An avocado is ready to eat when it is slightly soft, but it should not have sunken spots or cracks
- An avocado with a slight neck, rather than rounded top is considered to have the best flavour<sup>1</sup>

### How to Prepare:

- Cut the avocado lengthwise with a sharp knife on a clean cutting board
- Twist both halves in the opposite direction until separated
- Use a knife to carefully remove the seed from the center
- Once the seed is removed, slice avocado in sections lengthwise and then cut again to make smaller pieces if desired. Remove with a spoon, carefully removing the creamy flesh from the skin<sup>1</sup>

### How to Store:

- Avocados are prone to oxidation, meaning they brown quite easily! To prevent this, squeeze some lemon juice over your freshly cut avocado, this helps to stop the oxidation process because lemon juice contains ascorbic acid which reacts with oxygen before the avocado!
- Cutting avocado in clean water and storing the halved avocado on a clean, flat surface will also help prevent oxygen from gaining access to the surface.
- Avocados can be stored on the counter for up to 5 days, once ripened and black they are ready to eat. Alternatively, you can place the ripe avocados in the refrigerator for up to 3 days<sup>2</sup>

### Note:

Canada's food guide recommends:

- To enhance the flavour, try adding olive oil, lemon juice, flavoured vinegar or fresh or dried herbs.

## I Tried It!

My Rating (circle one):

Would you like to try avocado again?

YES     NO

### Ideas for Serving Avocados:

- Add as a side to your morning eggs
- Try avocado toast, with a squeeze of lemon juice and everything bagel seasoning!
- Purchase frozen avocado and add to your smoothie
- Make guacamole
- Try using avocado to make a dip for sweet potato fries
- Add a couple pieces to a veggie burger or regular burger
- Try making an avocado salad, perfect for summer barbeque nights!

### Sunny Side Avocado Toast

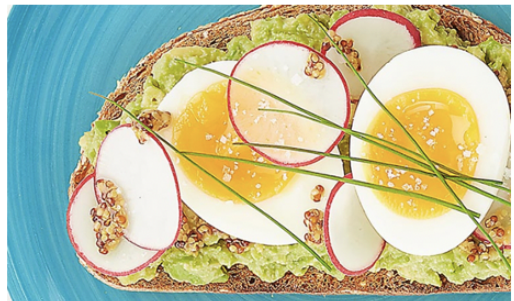
Makes 1-2 servings

#### Ingredients:

- 2 slices multigrain or sourdough bread, toasted
- 1 avocado, mashed with a fork
- ½ tsp lime juice
- 2 soft-boiled eggs (medium soft)
- 2 radishes, thinly sliced
- Whole grain mustard (to taste)
- Chives to garnish
- Sea salt or regular salt

#### Directions:

1. Bring to a boil salted water with a touch of vinegar added. Using a spoon, gently lower the eggs into the water to prevent them from cracking. Boil 5 minutes for a medium-soft egg (8 minutes for hard-boiled). Remove the eggs and immerse them in ice water to stop them from cooking.
2. Toast the bread slices under the broiler until they are toasted to your preference or just use a toaster!
3. In a bowl, mash the avocado with a fork and blend in the lime juice. Spread the mixture on the toasted bread.
4. Slice the eggs lengthwise and arrange them on the bread slices.
5. Arrange the radish slices on the bread. Add small dabs of whole grain mustard to taste.
6. Garnish with a few chive stems. Add a small pinch of sea salt to each slice. Enjoy!



Recipe adapted from [Cookspiration](#).

Getting children involved in cooking at home makes them more likely to eat more protein and select healthy foods. For more information, please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>Live Science. Avocados: Health Benefits, Risks & Nutrition Facts. <https://www.livescience.com/45209-avocado-nutrition-facts.html>. Accessed April 2022.

<sup>2</sup>California Avocados. Preventing a Cut Avocado from Oxidizing. <https://californiaavocado.com/how-to/preventing-a-cut-avocado-from-browning/>. Accessed April 2022.

<sup>3</sup>Government of Canada. Canada's Food Guide. <https://food-guide.canada.ca/en/>. Accessed April 2022.