

Avocado



Selecting

There are many varieties of avocado but the most popular one is the Haas from California.

A green avocado may take up to a week to ripen. Select your avocados depending on how soon you plan on using them. If you need them in ripe condition, select those with black or deep purple skin colour and test that they yield to gentle finger pressure. You can also pop out the stem, if it's bright green under your avocado is perfectly ripe.

Storing

Avocados should be stored at room temperature until they are ripe. At that point you can store them in the refrigerator.

To speed up the ripening process for an avocado, put it in a paper bag with an apple or banana.

If your meal preparation calls for only half an avocado, store the remaining half with the pit intact. For best storage results, cut up some onion and place the cut avocado on top, skin side down, and place all of it in a sealed plastic container. As an alternative to using onions, you can brush the exposed half avocado with lemon juice before placing in a sealed plastic container.

Preparing

Wash the avocado. Take a sharp knife and cut the avocado in half lengthwise, working around the pit. Twist the two halves in opposite directions to separate the halves. Remove the pit with the blade of the knife, and carefully remove the knife from the pit.

The avocado flesh can easily be removed from the skin by scooping it out using a spoon. But depending on the recipe you can also slice, dice or mash the flesh right inside the peel and then remove with a spoon. Spray the flesh with lemon juice to prevent browning if not eating right away.

Eating

Avocados are delicious and can be used in sandwiches, salads, dips such as guacamole, or just mashed to make a spread for toast. They can also be used to make a salad dressing or a soup.

Seasonality

Haas avocados are available all year long.

Nutrition

A serving of 1/5 of a medium Haas avocado has 50 calories and 4.5g of fat. The good news is that most of the fat is monounsaturated and polyunsaturated fat, which are both healthy fats.

Avocados provide a source of fibre and folate.



Avocados are delicious sliced up on toast, check out our favourite variations: www.halfyourplate.ca/avocado-toast/

