

# Avocado

Avocados are a delicious source of healthy fats and a great addition to many dishes:

- With a sharp knife, cut avocado lengthwise and twist halves apart. Make another cut lengthwise on the half with the pit, cutting around the pit, exposing it so that it is easier to remove. You can also use a spoon to scoop out the pit.
- Scoop the flesh out with a spoon and mash with lime juice, minced garlic, and cilantro for guacamole
- With a butter knife, gently make cuts in the avocado flesh in a cross-hatch pattern or in slices, careful not to break through the avocado peel. Then use a spoon to easily scoop out the avocado pieces.
- Avocados are best cold; add to salads, sandwiches or burgers, or even by itself topped with lemon juice or your favorite seasoning



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