





## **Selection:**

Choose avocados without bumps or soft spots. Ripe avocados will be firm but give slightly to pressure. The skin changes from green to purpleblack and the flesh changes to a creamy pale green.

# Storage:

Store ripe, unwashed avocados in the refrigerator for up to 1 week. To ripen avocados, put in a brown paper bag that has small holes, with an apple or banana, at room temperature.

**Room Temperature:** Until ripe **Refrigerator:** Up to 1 week

Use:

Rinse avocados thoroughly before preparing. The skin and large seed should be removed before eating. Ripe avocados peel very easily. Slice avocadoes in half, rotating the knife around the pit in the middle. Twist apart. Stick a fork in the pit and twist to remove. Avocados discolor quickly once cut. Serve immediately or put lemon juice on the surface to prevent browning.



**Digital Scale:** The number on the screen = Total Weight



Hanging Scale: The number the arrow is pointing to = Total Weight

## **Buying:**

Avocados can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the number of avocados you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

#### **Total Weight (lbs) x Price = Cost of Avocados**

Use this table to find the total cost.

**Example:** What is the total cost for 2 lbs of avocados at

0.99 per lb **2 lbs x** 0.99 = 1.98

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.



#### 1/5 medium Avocado

Nutrition Facts							
Serving Size 1/5 mediun	n (30g)						
Amount Per Serving							
Calories 50	Calories from Fat 35						
	% Daily Value*						
Total Fat 4.5g	7%						
Saturated Fat 0.5g	3%						
Trans Fat 0g	0%						
Cholesterol 0mg	0%						
Sodium 0mg	0%						
Total Carbohydrate 3g	1%						
Dietary Fiber 1g	4%						
Sugars 0g							
Protein 1g							
Vitamin A 0%	Vitamin C 4%						
Calcium 0%	Iron 2%						

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1/5 of a medium avocado. All avocados are not the same size, but you can use this to estimate the nutrition content for a smaller or larger avocado.



### Avocado and Blueberry Fruit Salad

Preparation Time: 15 minutes Serves 6

Cups of Fruit per Serving: 1½

#### **Ingredients:**

### **Dressing:**

2 tablespoons honey

1/4 cup plain non-fat yogurt

½ teaspoon ground cinnamon

½ cup orange juice

½ teaspoon salt

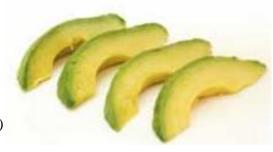
1/8 teaspoon pepper

#### **Preparation:**

- 1.) In a small bowl, whisk together all dressing ingredients.
- 2.) Place avocado, apple, mango, and blueberries in a medium bowl and toss with 1/4 cup of dressing.
- 3.) Toss salad greens in a large bowl with remainder of dressing then add fruit mixture.
- 4.) Sprinkle with chopped chives and walnuts, if desired.

#### Salad:

- 1 large avocado, peeled and cut in slices
- 2 cups apple, peeled, cored, and diced
- 2 cups mango, peeled and diced
- 2 cups fresh blueberries, rinsed and drained
- 8 cups salad greens
- 2 tablespoons chopped chives or green onion (optional)
- 2 tablespoons walnuts, toasted, chopped coarsely (optional)



### **Nutrition Information per Serving:**

Calories 192, Total Fat 6.8 g, Saturated Fat 0.9 g, Cholesterol 0 mg, Sodium 78 mg, Carbohydrates 34 g, Dietary Fiber 7 g, Protein 4 g.