

May Vegetable - Avocado

Fun Facts

- Avocados are in the same family as cinnamon.
- Half of an average-sized avocado has 4.6 grams of fiber!
- An avocado contains more potassium than a banana.
- Avocados contain antioxidants that help your immune system function normally!



An Avocado Tree!

Guacamole



Recipe

1/4 teaspoon kosher salt
1 tbsp fresh lime juice
2-4 tbsp minced red onion or
thinly sliced green onion
1-2 jalapeño chilis, stems and
seeds removed, minced
2 tbsps cilantro, finely chopped
Pinch freshly ground black
pepper

Cut the avocados in half and
remove the pit. Score the inside
and remove the flesh.

Mash the avocado.

Add the remaining ingredients
to taste and combine.

Serve with tortilla chips.

Recipe via simplyrecipes.com