

## Fun Food Feature of the Week!

### Avocado

- Provides 25 essential nutrients including fiber, potassium, Vitamin E, B-vitamins, and folic acid
- One fifth of a medium avocado contains about 55 calories and is also packed with phytochemicals such as glutathione, beta-sitosterol, and lutein.
- The fat content of an avocado is a "nutrient booster" to enable absorption of fat soluble vitamins and nutrients.
- Avocado is the only fruit that contains monounsaturated fat.
- The Hass avocado is the most common variety founded in LaHabra, California.
- The state of California is the largest producer of avocados today at around 60 pounds per tree on 60,000 acres.



### Guacamole Autentico

- 4 ripe avocados (peeled and seeded)
- 1 tsp. ground cumin
- 1 medium ripe Roma tomato (diced)
- 1/2 cup minced sweet onion
- 2 Serrano chilies seeded and chopped
- 1/2 cup chopped cilantro leaves
- 4 Tbsp fresh lime juice
- Hot pepper sauce, salt, and pepper (to taste)



Cut avocado into large chunks and mash with a fork. It will not be completely smooth. Add remaining ingredients and blend gently. Serve with fresh raw vegetables, baked tortilla chips, or pita bread triangles. May also be used as a condiment on other Mexican dishes.

Serves 24. Exchanges: 1 Fat