

Avocados



Green creamy avocados are full of heart healthy fats that help in the absorption of many fat soluble vitamins. They are also a good source of fiber, potassium, and vitamins C, K, and B6. They are rich in antioxidants providing helpful anti-inflammatory qualities.

Did you know, children who try new healthy foods, and are willing to try the food again, are more likely to choose these foods? This week we tasted avocados that were sliced and served...and the students thought they were delicious! Here is another way to serve avocados.

Avocado Turkey Wrap

Ingredients:

- 1 avocado, mashed
- 2 tablespoons of low-fat ranch dressing
- 4-8 slices of low-fat turkey
- 2 peaches or mangos, thinly sliced
- 1 cup lettuce or spring greens
- 4 corn or whole wheat tortillas



Preparation:

1. Mix the mashed avocado with the low-fat dressing.
2. Spread the mixture on one side of each of the tortillas.
3. Layer the turkey, peaches, and lettuce on the avocado spread.
4. Roll and enjoy!

Developed by the University of California Cooperative Extension.