

Avocados: Too Good To Waste

Store: Store unripe on the counter. Once ripe, refrigerate up to 5 days. Keep pit in cut avocados and rub with lemon or oil to reduce browning.

 Peel and puree, adding 1/2 tsp. lemon juice for each avocado before freezing in an airtight bag.

Cook: Eat raw or grilled. Grill half an avocado cut side down, coated lightly in oil, for 2-3 min., then stuff with your favorite ingredients.

Use it up: Add to smoothies, salads, sandwiches, egg dishes or baked goods. Spread on toast. Use in pasta sauce with lemon, garlic, oil and basil... and compost the rest.



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