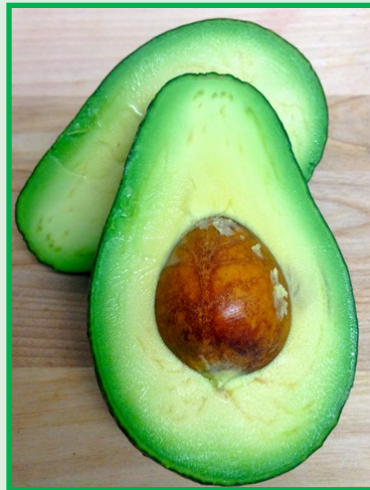


Health Tip of the Month

Bravo for Avocados!

Which fruit makes a great smoothie, can be added to any cooked dish, and can bring excitement into salads?

Avocados are used worldwide for their great taste and rich creamy texture. With nearly 20 vitamins and minerals, avocados contain high amounts of potassium, fiber and essential healthy fats.



Try avocado instead of mayonnaise on your sandwich, and use avocado in place of other fats when baking or cooking!

Chopped Avocado Salad

Salad ingredients

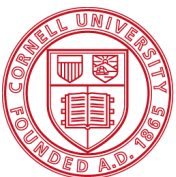
1 large avocado
1 medium tomato
1/2 large cucumber
1/4 cup of feta cheese



Salad dressing

2 tablespoons of red wine vinegar
1 tablespoon of olive oil
Dash of pepper

Chop all of your salad ingredients, and mix with homemade salad dressing.



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More Health Tips? visit <http://nyc.cce.cornell.edu>