

Avocados

Harvest of the Month—May



Avocados used to be called
“alligator pears”!



The first avocado trees in the
United States were sent to Florida
from Mexico in the 1830s.

Most of the avocados today come
from California.

The two kinds of avocados that you find
in stores are:

1. Hass avocados—they have a bumpy,
almost black skin
2. Fuerte avocados—they have a green,
thin, smooth skin

Avocados have a lot of Vitamin K,
which is needed for healthy bone growth.



Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121. This material was created and approved as an extension to Harvest of the Month developed by the *Network for a Healthy California*.

Avocado Tortilla Soup

Makes 8 servings at 1 cup each

- 3 (14-ounce) cans low-sodium chicken broth
- 2 (10³/₄-ounce) cans low-sodium condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 cloves garlic, finely chopped
- ½ teaspoon ground black pepper
- 1 ripe avocado, peeled, pitted and chopped
- 8 corn tortilla chips, crumbled

1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic and ground black pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Cool slightly, and then puree small batches in a blender.
3. Return to pot and add avocado. Heat thoroughly.
4. Ladle into soup bowls and sprinkle with crumbled tortilla chips.
5. Serve warm or chilled.

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

For more recipes, visit: www.cachampionsforchange.net
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Sopa De Guacamole Con Tortillas



Para 8 porciones de 1 taza cada una

- 3 latas (de 14 onzas) de caldo de pollo bajo en sodio
- 2 latas (de 10¹/₂ onzas) de sopa de tomate condensada, baja en sodio
- ½ manojo de cilantro, solo las hojas
- 3 dientes de ajo, finamente picado
- ½ cda. de pimienta negra molida (ground black pepper)
- 1 guacamole maduro, pelado, deshuesado y picado
- 8 chips de tortillas de maíz, desmigajadas

1. En una olla grande y a fuego alto, combine el caldo de pollo, la sopa de tomate, el cilantro, el ajo y la pimienta negra molida. Espere a que hierva, reduzca el fuego y cocine a fuego lento por 10 minutos.
2. Déjelo enfriar un poco y hágalo pure poco a poco en una licuadora.
3. Póngalo otra vez en la olla y agregue el guacamole. Caliente todo junto.
4. Sírvalo en tazones de sopa y espolvoree los trocitos de chips de tortilla.
5. Sirva caliente o frío.

Fuente: *Recetas Saludables para Todos los Días, Red para una California Saludable, 2007.*

Para más recetas, visite: www.campeonesdelcambio.net
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