

# Food

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

## Anchor your diet with the AVOCADO

BY MARY ANN MENEDEZ

Perhaps the bad rap the avocado has received has been an unfair call by the kitchen ref. While it is true that one-fifth of a medium avocado has 50 calories, it does provide about 20 vitamins and minerals. Also tucked in there are phytonutrients which are believed to help prevent many chronic disease.

Vitamins include A, B-complex, C, E, H and K. There's folic acid, magnesium, copper, iron, calcium, potassium, fiber, iron, lutein and betacarotene. Thrown in for good measure are all of the essential amino acids and this includes Omega 3 and 6. Would it surprise you to know that a small avocado contains more protein than a big steak?

While avocados are considered to be "fatty" food, the fat is classified as mono and polyunsaturated, the good kind of fat. So when cooks can, substitute this monosaturated fruit for foods heavy in saturated fat. It was surprising to learn a 3-ounce serving of avocado contains 76 milligrams of beta-sitosterol, a natural plant sterol which can help maintain healthy cholesterol levels. Always check with your physician before radically changing your diet.

The American Heart Association's dietary guidelines include a diet that is low to moderate in fat. It is the association's recommendation that we limit saturated fat intake to less than 7 percent of total daily calories, trans fats intake to less than 1 percent of total daily calories and cholesterol intake to less than 300 milligrams per day.

To get some of the benefit, spread a little mashed avocado on your sandwich bread or toast as a butter/margarine substitute. You can also add a few thin slices of avocado to any sandwich.

I'm sure the last recipe on this page will surprise you as much as it did me. But we must remember the avocado is just as much a fruit as any other placed in a pie!

### Avocado & Rice Salad

- 3 cups cooked rice
  - 2 cups chopped, cooked chicken
  - 1 medium avocado, cut into 1/2-inch cubes
  - 1 cup sliced celery
  - 1 green pepper, cut into thin strips
  - 1/3 cup minced onion
  - 4 tablespoon lemon juice
  - 2 tablespoons olive oil
  - 1 clove garlic, minced
  - Dash of hot sauce
  - 1 teaspoon sugar
  - Salt and pepper to taste
  - Lettuce leaves
  - 2 tomatoes, cut into wedges
  - 1 medium avocado, sliced
- Combine first 6 ingredients in bowl. Combine lemon juice and next 6 ingredients in a jar, shake vigorously. Pour over rice mix-

ture and toss gently. Cover. Chill at least 2 hours. Serve on lettuce with tomato wedges and avocado slices. Serves 6.

### Avocado Dip

- 1 large avocado
- 2 cloves garlic, sliced thinly
- 2 tablespoons sliced green onions
- 1 tablespoon lemon juice
- 1 cup mayonnaise
- 2 tablespoons dairy sour cream
- 1 teaspoon sugar
- 2 teaspoons Worcestershire sauce
- 2 teaspoons soy sauce
- 1/4 teaspoon hot pepper sauce
- 1/4 teaspoon celery seed
- 1/4 teaspoon dry mustard
- Pepper to taste

Peel avocado and dice. Place into a blender container. Add garlic, green onion and lemon juice; blend until smooth. Add remaining ingredients and mix well; chill. Serve with corn chips.

### Baked Avocado

Cut 2 ripe avocados in half lengthwise. Scoop out pulp and mash.

- Add:
- 1 cup soft bread crumbs
  - 2 hard cooked eggs, chopped
  - 1/4 cup chopped stuffed olives
  - 1 tablespoon minced onion
  - Salt and pepper to taste

Fill avocado shells with mixture. Sprinkle with extra bread crumbs. Dot with butter. Place in shallow baking dish and bake at 425 degrees for 10 minutes or until heated through.

### Tuna Salad in Avocado Shells

- 1 cup thin slices celery
- 1 (6 and 1/2 ounce) can tuna, drained
- 1/3 cup mayonnaise
- 1 (2 ounces) jar sliced pimento, drained
- 1/3 teaspoon chili powder
- 3 avocados
- 1/2 cup shredded cheddar cheese

Mix celery, tuna, mayonnaise, pimento and chili powder. Cut each avocado lengthwise into halves; remove pit. Cut thin layer from bottom of each half to prevent tipping, if necessary. Arrange avocados cut sides up in circle with narrow ends to center on 12-inch plate. Spoon about 1/4 cup tuna mixture onto each avocado half, spreading to cover entire cut surface. Cover with waxed paper and microwave on high (100 percent) for 3-4 minutes. Sprinkle with cheese; rotate plate half turn. Microwave uncovered until tuna mixture is hot and cheese is melted, 3 to 5 minutes longer. 6 servings.

### Avocado-Citrus Salad

- Favorite salad greens
- 1 cucumber, thinly sliced
  - 1 avocado seeded, peeled, sliced
  - 1 (11 ounce) can mandarin oranges, drained



- 3 tablespoons sliced green onions
- 1/2 teaspoon grated orange peel
- 1/4 cup orange juice
- 1/2 cup olive oil
- 2 tablespoons sugar
- 2 tablespoons white wine vinegar
- 1 tablespoons lemon juice
- Salt, to taste

Combine lettuce, cucumber, avocado, orange sections and onion. In a screw jar combine other ingredients. Shake well and pour over salad just before serving. Toss lightly.

### Open-Face Avocado

- 2 avocados, thinly sliced
  - 4 English muffins, split, toasted
  - Chili sauce
  - Coarsely ground black pepper
  - 4 slices Mozzarella cheese
  - 1/2 pound bacon, cooked crisp
- Pile avocado slices on muffin halves. Brush with chili sauce and sprinkle with pepper. Top with cheese and broil 2 to 3 minutes, just until cheese melts. Top with hot bacon strips.

### Avocado Bread

- 1 egg, room temperature, lightly beaten
- 1/2 cup ripe, mashed avocado
- 1/2 cup buttermilk
- 1 cup chopped walnuts
- 2 cup sifted all purpose flour
- Three-fourths cup sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt

In a bowl combine egg, avocado, milk and walnuts. In another bowl sift flour, sugar, baking soda, baking powder and salt. Pour in avocado mixture, mixing only until flour is moistened. Do not over blend. Pour mixture into a loaf pan, greased, lined with wax paper and greased again. Bake 1 hour at 350 degrees or until tested done. Turn out of pan carefully. Peel off paper and let bread cool on wire rack. (It slices easier the second day.)

### Avocado Salad Dressing

- Large avocado
- 1/4 cup buttermilk
- 1 small onion, quartered
- 1 clove garlic
- 1 tablespoon salad oil
- 1 tablespoon lemon juice
- Salt to taste
- Dash of Tabasco

Halve, pit and peel avocado. Cut into chunks and put in blender. Add remaining ingredients; whirl until smooth. Pour into a small bowl; press avocado pit down into mixture to prevent darkening. Cover; refrigerate until ready to use. Makes 1 and 1/4 cups.

### Avocado & Pineapple Salad

- 1 ripe avocado
  - 4 slices fresh pineapple
  - 2 tablespoons olive oil
  - 2 teaspoons fresh lime juice
  - 1/4 teaspoon salt
  - 1/2 teaspoon sugar
  - Lettuce or other salad greens
- Chill the avocado and pineapple. Remove the peel and pit from the avocado. Cut into

small cubes. Peel and cut the pineapple into wedges. Add them to the avocado. Combine the oil, lime juice, salt and sugar. Add to fruit and toss lightly. Serve on favorite salad greens. Makes 6 servings.

### Avocado & Mango Salsa

- 1 large mango, peeled and diced
  - 3 tablespoons onion, minced
  - 3 tablespoons diced green pepper
  - 3 tablespoons diced red pepper
  - 2 tablespoons white wine vinegar
  - 1 tablespoon chopped fresh cilantro
  - 1 tablespoon olive oil
  - One avocado, diced
- Mix all ingredients except avocado in large bowl. Add avocado to salsa and stir gently to combine. Season with salt and pepper.

### Amazing Avocado Appetizer

- 2 large ripe avocados
  - 1 tablespoon mayonnaise
  - 1/4 teaspoon garlic powder
  - 1/4 teaspoon chili powder
  - 1/2 cup sour cream
  - 1/2 cup favorite salsa
  - 1/4 cup grated Jack cheese
  - 1/4 cup grated Cheddar cheese
  - 2 tablespoons finely chopped tomato
  - 2 tablespoons finely chopped green onion
  - 1 small can chopped sliced black olives
- Mash avocado with mayonnaise, garlic powder and chili powder. Spread onto plate about 1 inch thick. Mix sour cream and salsa together and pour over top of avocado mixture. Top with Jack cheese on one side and on the other side top with Cheddar cheese. Sprinkle with tomatoes, onions and black olives over top. Serve with corn chips.

### Seaside Avocado Dip

- 2 ripe avocados
  - Juice of 1 lemon
  - 1 pound crabmeat, fresh or frozen
  - 2 tablespoons chili sauce
  - 2 tablespoons mayonnaise
  - 2 tablespoons sour cream
  - 2 tablespoons chopped scallions
  - 1 tablespoons capers
  - 1/2 teaspoon salt
  - Black pepper
  - Tortilla chips
- Mash avocado with lemon. Add crabmeat and mix gently. In a separate bowl, combine next 6 ingredients and mix well. Fold in avocado-crab mixture. Chill before serving with tortilla chips.

### Avocado Lime Pie

- 2 limes
  - 1 avocado
  - 1 egg yolk
  - 1 can sweetened condensed milk
  - Whipping cream
  - Graham cracker pie crust
- Mash avocado. Add egg yolk and sweetened condensed milk and mix to fully incorporate. Add the juice from both limes to the avocado mixture. Stir well; mixture will thicken as you stir. Pour into graham cracker pie crust. Top with whipped cream before serving. Best if it can chill for several hours.

## The avocado advantage

If your goal is to reduce your consumption or transition completely off of meat and dairy, avocado may be the perfect way to satisfy your natural cravings for creamy nourishment. Dr. William Esser writes in his Dictionary of Natural Foods: "The avocado is one of the most valuable foods which nature has given man. For those concerned about eliminating meat from their diet, this offers not merely a "substitute," but a food which is much superior in value for human maintenance. It is rich in protein and fat and comparatively higher than any other fruits in these elements. The fat is more digestible than animal fats."

Avocado is also known as the "alligator pear" because of the rough skin on some varieties. In the 17th and 18th centuries the fruit was also commonly known as "butter pear." In tropical Central America, avocado trees have been growing wild for thousands of years, providing natives with a rich food. The Aztecs called the tree Ahuacatl. Marauding Spanish armies changed this to abocado or avocado, the now common English name.

According to the Little Green Avocado Book, there is strong evidence that avocado trees flourished 50 million years ago in what is now California, and avocados might have provided food for dinosaurs.

How to eat avocado  
Using a knife, slice an avocado along the north-south or east-west axis, and then remove the pit. The halves can be sliced into smaller segments. The skin can then be peeled off, or you can scoop out the flesh with a spoon. Eat plain as a snack or scoop the flesh into a bowl or onto a salad.

Eating avocado with leafy greens, celery and/or cucumber will enhance the digestive process as additional digestive enzymes are secreted.

Avoid eating avocado if you are experiencing acid reflux, indigestion, sore throat, inflammation or fever.

Overeating avocados can lead to sluggishness, hyper-acid stomach and skin outbreaks.

The quantity of avocados that is healthful for you is a function of your taste preferences and digestion. Generally, one a day, three to six days per week is a good baseline. For best results, tune in to your body's senses and observe your energy levels, digestion and elimination.

Information from <http://www.living-foods.com/articles/avocadoarticle.html>

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