

## **Advocate for Avocados Camerota's Cupboard September 2013**

Dr. Charles "Snuffy" Myers's *New Prostate Cancer Nutrition Book* does not have any recipes for avocado, but he recommends avocado and avocado oil as a favored source of fat and oil. Because of the danger of pesticides, he lists the pesticide load of certain popular fruits and vegetables, ranked from highest (100) to lowest (1) pesticide content, tested by the Environmental Working Group. The avocado, at the bottom of the list ranks #1, the lowest pesticide load.

According to WebMD, "Avocados are a good source of fiber, potassium, and vitamins C, K, folate, and B6. Half an avocado has 160 calories, 15 grams of heart-healthy unsaturated fat, and only 2 grams saturated fat. One globe contains more than one-third the daily value of vitamin C, and more than half the day's requirements of Vitamin K."

### **Green Sauce with Avocado**

(adapted from EAT by Mark Bittman in *The New York Times Sunday Magazine*, 8/4/13)

There are 2 recipes from Mark Bittman, food editor for *The New York Times*, in this column. He went from being a knowledgeable interesting food writer to one who now writes just as knowledgeably about food health, safety and sustainability. He believes that "food and everything surrounding it is a crucial matter of personal and public health, of national and global security. At stake is not only the health of humans but that of the earth." And he continues to create great recipes.

1 garlic clove, coarsely chopped  
1 teaspoon salt, or to taste

1 small white onion, coarsely chopped  
2 fresh Serrano or jalapeno chilies, or to taste, stemmed  
6 to 8 tomatillos (about ½ pound), husks removed, and quartered  
1 ripe avocado  
8 to 10 cilantro sprigs.

- In a food processor or with mortar and pestle, process or pound the garlic and salt to a paste. Add onion, chilies and tomatillos; pulse in processor or pound to make a slightly chunky paste.
- Scoop out the avocado flesh. For a smooth, machine-finished puree, add it and the cilantro to the processor and process very fine. To do it by hand, finely chop the avocado and mash it into the onion-tomatillo mixture; stir in cilantro leaves. (For a medium texture, pour the machine-processed, onion-tomatillo mixture into a bowl and mix in the chopped avocado and cilantro.)
- Serve immediately as a dip or sauce with chips or, better, with vegetables.

**Yield: About 2 ½ cups.**

## **Guacamole**

(adapted from *How to Cook Everything* by Mark Bittman)

Try this classic, classy and simple dip. Bittman suggests adding one-half cup peeled, cored, seeded, and diced tomato only if the tomato is perfectly ripe.

1 large or 2 small ripe avocados  
1 tablespoon minced onion or shallot  
1 clove minced garlic

1 teaspoon to 1 tablespoon stemmed, seeded, and minced jalapeno or other fresh chile, or to taste  
Salt and freshly ground black pepper to taste  
Juice of ½ lime (about 1 tablespoon) or to taste  
Minced cilantro leaves for garnish

- Cut the avocado(s) in half and reserve the pit(s) if you will not be serving the guacamole right away. Mash the pulp in a bowl with a fork or potato masher along with the onion or shallot, garlic, chile, a little salt and pepper, and 1 tablespoon of lime juice. Taste and adjust seasoning as needed.
- Garnish and serve, or tuck the pit(s) back into the mixture, cover with plastic wrap, and refrigerate for up to 4 hours (this will keep the guacamole from turning brown). Remove the pit(s) before garnishing and serving.

**Makes 2 to 4 servings.**

### **Avocado Yogurt Dip**

(from The Nutrition Council of Greater Cincinnati's *More Nutritious Still Delicious*)

According to the authors, "This lighter version of guacamole uses nonfat yogurt to help decrease the calories while adding calcium and protein. Avocados are high in fat, but the fat is mostly monounsaturated which can help lower cholesterol." They suggest draining the yogurt, a common practice in Greece and Middle Eastern countries. The result is "a thick, creamy yogurt spread, sometimes referred to as yogurt cheese, labneh or Greek yogurt." Greek yogurt has become popular and can be found in most large grocery or specialty stores.

1 cup nonfat drained yogurt, preferably good Greek yogurt  
3 tablespoons chopped cilantro

1 teaspoon ground cumin, toasted  
1 clove garlic, minced  
2 teaspoons minced jalapeno pepper  
1 medium ripe avocado

- Place all ingredients in a food processor bowl and blend until smooth.
- Serve with vegetable dippers, such as red pepper slices, which are especially colorful for potlucks and holiday parties.

**Makes 12 servings (2 tablespoons per serving); 1½ cups total.**

**Nutrition information per serving (2 tablespoons):** 39 calories; 2gm protein; 2gm carbohydrate; 1gm dietary fiber; 2.5gm fat; 0.5gm saturated; 0mg cholesterol; 9mg sodium