



# Food In Focus

## Avocados Aren't Just for Guacamole

Heart-healthy avocados are naturally low in sodium, cholesterol, sugar, and trans fat-free. They are a good source of fiber, folate, vitamin K and potassium.

**How to select:** Choose avocados with firm skin and no soft spots, firm but yielding to gentle pressure when ripe.

**How to store:** Store unripe avocados in paper bag at room temperature. Refrigerate when ripe for 2-3 days.

### Ways to enjoy:

◆ Mash avocado and spread it on a sandwich instead of using mayonnaise. Rich in mono-saturated fat, avocados are a healthy substitute for mayonnaise, cream cheese, butter or sour cream.

◆ Enjoy avocado as a part of a healthy stir-fry dish.

◆ Making deviled eggs? Mash half an avocado in with the yolks, spoon in and enjoy. Avocados and eggs go great together.



## Breakfast Pita

### Ingredients

- ◆ 6 pita bread, whole wheat pocket (6 1/2" diameter), 2 oz. each
- ◆ 10 large eggs
- ◆ 2 1/4 cups shredded Cheddar cheese

### Preparation:

- ◆ Cut full round pitas in half to form 2 pita pockets each.
- ◆ Crack eggs into large mixing bowl. Whisk until smooth. Heat a large skillet over medium heat and spray with pan release spray.
- ◆ Pour beaten eggs into heated pan and cook until firm, stirring frequently. Heat eggs to an internal temperature of 145 degrees or above for 15 seconds.
- ◆ Scoop eggs into each pita half (about 1/4 cup per half) and top with cheese.

**Combination food: credits as a bread and meat component per 1/2 pita.**

## Make This Your Menu?

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Avocado Slices
Bread/Bread Alternative	Breakfast Pita WG
Meat/Meat Alternate	Eggs and Cheese
<b>Snack</b>	
Two Items	Soft Pretzel
Two Groups	Papaya
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Broccoli Fresh Pineapple
Bread/Bread Alternative	Brown Rice WG
Meat/Meat Alternative	Teriyaki Chicken
Other	