Fruits and Veggies: 101

Have you ever seen a fruit or vegetable at the grocery store, and been curious about it, but had **no idea how to prepare it**? We’ve picked out a few trendy produce items and will show you some easy and healthful ways to prepare them!!

**Spaghetti Squash**

It’s easy!! Spaghetti squash can be baked, steamed, or even microwaved! Once it is cooked, you can top with your favorite marinara sauce or drizzle with a little olive oil, garlic, and parmesan cheese. Watch this video for a fast and easy way to prepare this tasty vegetable!

**Method 1: Baking**

Preheat oven to 350°. Cut squash in half, lengthwise,* and scoop out seeds. Add about ¼” water to baking dish, and place squash, flesh side down in dish. Bake for 30-45 min until tender. Scoop out squash “strands” with a large spoon or fork.

**Method 2: Microwaving — Easy! See above video!** Poke holes with knife all around squash. Place in microwave safe dish and microwave for 4-5 min per pound of squash. Rotate squash half way through cooking. Slice lengthwise, scoop out seeds, and pull out squash “strands” with a large spoon or fork.

**Tasty Spaghetti Squash Toppings!**

**Italian**
- Ragu “Heart Smart” spaghetti sauce
- Shredded part-skim mozzarella cheese

**Herbacious**
- Olive oil
- Garlic
- Parmesan cheese
- Fresh or dried herbs: basil, oregano, etc.

**Vegan**
- Garbanzo beans
- Olive oil
- Sautéed veggies: bell peppers, onion, garlic, mushrooms

**Thanksgiving**
- Butter
- Cinnamon, Nutmeg
Black Bean Mango Salad

Ingredients:

- 2 ripe but firm avocados, halved, peeled and cubed
- 3 tablespoons lime juice,
- 2 ripe but firm mangoes, peeled and cubed
- 2 tablespoons chopped cilantro, plus more for garnish
- Salt and pepper, to taste
- 3 tablespoons extra-virgin olive oil
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained

Mix all ingredients together and enjoy! Can be served on its own or as a topping for fish or chicken. Can also be served as a salsa with tortilla chips for a tasty snack!

Mangoes are not only delicious but contain Vitamins A, C and K, in addition to potassium and magnesium. Such a tasty tropical fruit, but how do you get around that big pit! Watch this video to learn many ways to slice a mango and try the tasty and nutritious recipe below!
Avocado

Botanically a fruit, but nutritionally a fat, this little guy is full of heart healthy unsaturated fat, potassium, and soluble fiber. Soluble fiber is good for healthy cholesterol and potassium can lower blood pressure. And trust us, you can do more with it than just guacamole!

Choosing and Slicing an Avocado

Avocados are ready to eat when they yield to gentle pressure. If your avocado is still ‘rock hard’ you can let it ripen on the counter for a couple of days. If you don’t want to eat your avocado right away, place it in the refrigerator and it will last up to one week.

When your avocado is ready to be enjoyed, rinse thoroughly. Even though you won’t eat the skin, it may contain bacteria that will be transferred to the flesh with your knife.

Cut the avocado lengthwise, around the pit. Gently twist and you will have two pieces. You can scoop the pit out with a large spoon. Then, you can either scoop the meat out with a spoon, or peel the skin off and slice the flesh.

Avocado ideas!

- Add sliced avocado to your sandwich, wrap or burrito
- Cube avocado in salad
- Add mashed avocado as an omelette filling
- Use as a topping for chili
- Add avocado to a smoothie

See recipe on next page!
Loaded with antioxidants, this “super fruit” can be drank in juice form, or you can eat the “tendrils” on their own or add them to salads.

**Pomegranate-Avocado Smoothie**

**Ingredients**

- 2 cups blueberries
- 1 cup pomegranate juice (or any berry juice)
- 1 cup ice cubes
- 1 Tbsp. chia seeds
- 1 ripe banana, peeled
- half of an avocado, peeled and pitted

Blend and enjoy!

**Seeding a Pomegranate**

1. Cut the crown (protruding blossom end) off the pomegranate, removing with it some of the pale-yellow pith. Take care not to pierce the seeds within.
2. Lightly score the skin in quarters from stem to crown end.
3. Immerse the scored fruit in a large bowl of cool water and soak for 5 minutes. Holding the fruit under water, break sections apart with your fingers, separating the seeds from membrane. The seeds will sink to the bottom of the bowl.
4. Discard skin and membranes. Drain the seeds and dry on paper towels.