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AVOCADO

Composition

EXCELLENT SOURCE OF: vitamin K, folate, fiber

GOOD SOURCE OF: vitamins B₅, B₆, C and E

SOURCE OF: copper, magnesium, potassium

Avocados contain tannins, carotenoids (lutein and zeaxanthin) and phytosterols.





Avocados originate from Central and South America. The word *avocado* comes from the Aztec word *ahuácatl*, meaning “testicle,” a reference to its shape and the fact that they typically grow in pairs.

VIRTUES

Improve skin’s elasticity

Avocados are extremely nourishing for the skin. A regular consumption of these green powerhouses helps to increase collagen production (collagen is the protein responsible for tissue repair). Collagen helps to prevent wrinkles and other signs of aging, reduces red spots and skin irritations, protects against photoaging caused by the sun and improves skin elasticity and firmness. Plus, the antioxidants found in avocados contribute to the fight against free radicals.

Protect against prostate cancer

Avocados are thought to be able to inhibit the growth of cancerous cells in the prostate. This is probably due to the carotenoids and vitamin E found in the fruit’s composition.

Improve cholesterol

Avocados are packed full of heart-healthy fats, fiber and phytosterols — all which help to lower blood cholesterol levels without lowering the body’s HDL cholesterol level (the “good” cholesterol). And that means a healthy heart and a longer life.

Reduce the risk of macular degeneration

The carotenoids found in avocados play a key role in eye health and help reduce the risk of macular degeneration, an age-related eye disease.

THINGS TO REMEMBER

- One avocado contains almost as many antioxidants as ½ cup (125 ml) of broccoli.
- Unlike other sources of fat, avocados contain both soluble and insoluble fiber. Soluble fiber helps stabilize blood sugar and insoluble fiber regulates bowel health and helps make you feel fuller longer.

HOW TO EAT IT

- As a guacamole or mousse, in smoothies, salads and sandwiches.
- Stuffed with seafood or chicken.

DID YOU KNOW?

An avocado’s color is indicative of its variety and not its level of ripeness. However, if the skin near the stem is very dark, the fruit is most likely overripe.



LIMA BEANS WITH TOMATOES AND SAGE

4 SERVINGS
20 MINUTES
20 MINUTES



INGREDIENTS

- 1 tbsp olive oil
- 1 small **red onion**, minced
- 5 cloves **garlic**, minced
- 1 **red pepper**, thinly sliced
- 2 cups (500 ml) shredded **kale**, stems removed
- 1 can (19 oz/540 ml) giant **lima beans**, drained and rinsed
- 5 fresh **tomatoes**, diced
- 2 tbsp finely chopped fresh parsley
- 4 tsp finely chopped fresh sage
- Seasoning to taste
- 2 tbsp miso
- 2 tbsp fresh parsley, for garnish

METHOD

In a large skillet, heat oil over medium heat and sauté onion, garlic, pepper and kale for 5 minutes. Add remaining ingredients, except for miso and parsley for garnish. Cover and continue to cook for 15 minutes.

Just before serving, add miso and stir well. Garnish with parsley.

LIMA BEANS AND FLATULENCE

The high levels of oligosaccharides (a sort of carbohydrate) found in lima beans are largely responsible for the gassiness you feel after eating them. To lower these sugar levels, we recommend quickly soaking lima beans before consuming them. In addition to cutting down on cooking time, soaking beans makes them more digestible. The easiest way to soak lima beans is to place them in a large saucepan of cold water. Place the pot over medium-high heat and bring to a boil. Let simmer for 1 to 2 minutes. Remove from heat and let sit for 1 hour. Rinse beans under cold water prior to cooking. (The soaking water is not fit for consumption.) It's recommended to thoroughly rinse canned beans prior to consuming them.

Nutrition Facts Per serving	
Amount	% Daily Value
Calories 260	
Fat 5 g	8%
Saturated 1 g	
+ Trans 0 g	
Polyunsaturated 1 g	
Omega-6 0.5 g	
Omega-3 0.1 g	
Monounsaturated 0.2 g	
Cholesterol 0 mg	0%
Sodium 320 mg	13%
Potassium 1110 mg	32%
Carbohydrates 43 g	14%
Fiber 9 g	36%
Sugar 9 g	
Protein 11 g	
Vitamin A 484 ER	50%
Vitamin C 92 mg	150%
Calcium 175 mg	15%
Iron 3.6 mg	25%
Phosphorus 213.5 mg	20%