

KNOW YOUR NUTRIENTS



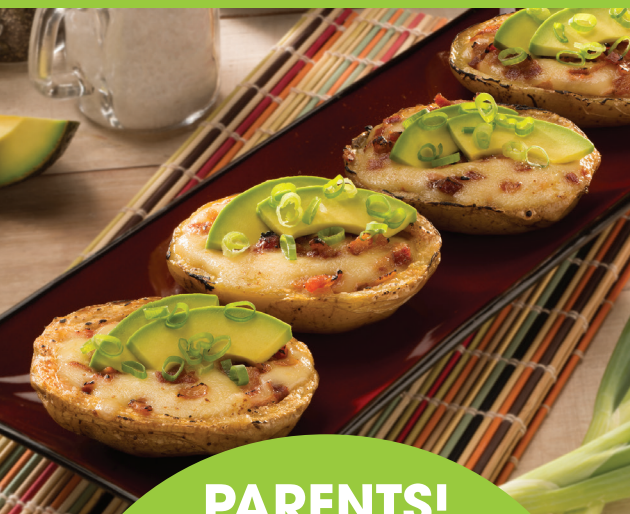
Avocados are yummy. And they also contain nearly 20 nutrients. Below are the names of some of the nutrients found in avocados, but they are scrambled up. Unscramble the names. Use the word box to help you. Write the names in the blocks. Then copy the letters in the numbered cells into the blocks below with the same number to reveal a hidden message!

LEATOF						
	6	17	11	21	16	
AMNTIK						
	23	5			20	
RIBFE						
	15		25			
MATSOUSIP						
	8	13	18	1	7	19
LITNEU						
	12		14	26		
VATINMIC						
	2		24	9		22
ROIN						
						4

WORD BOX			
FOLATE	IRON	LUTEIN	FIBER
VITAMIN C	POTASSIUM	VITAMIN K	

					D		
1	2	3	4	5	6	7	
8	9	4	10	11	12	13	14
		H					H
3	15		16	1	17	18	
19	20	21	3		9	12	22
8	5	4	10	9		26	

PARENTS AND GUARDIANS: CELEBRATE AUTUMN WITH THIS TASTY AVOCADO RECIPE!



OVERLOADED MEXICAN POTATO SKINS

- | | |
|---|---|
| 3 large russet potatoes scrubbed | 1 cup mozzarella cheese grated |
| 1 tbs olive oil | 6 slices of bacon coarsely chopped |
| 1 tsp kosher or sea salt divided | 1 Avocado From Mexico halved, pitted, thinly sliced |
| 2/3 cup Mexican crema | 2 tablespoons chives chopped |
| 3 tbs sauce from chipotles in adobo sauce | |

INSTRUCTIONS

- Preheat oven to 400°F. Using a fork, pierce potatoes all around, about 6 to 8 times. Rub potatoes with olive oil, sprinkle with 1/2 teaspoon salt, and place on a baking sheet. Bake for 1 hour until tender inside and crisp on the outside.
- In a medium-sized skillet set over medium heat, cook the bacon until crisp and lightly browned. Transfer to a paper towel lined plate. Set aside.
- In a small bowl, mix crema with chipotle in adobo sauce. Set aside.
- Remove potatoes from the oven and set aside until they are cool enough to handle. Cut them in half lengthwise and carefully scoop out the cooked potato, leaving a 1/4-inch wall all around. Reserve cooked potato for another use.
- Raise the oven heat to 500°F. Into each scooped potato half, add a generous amount of the chipotle crema and cover with the grated cheese. Place stuffed potato skins back on the backing sheet. Return to the oven for 5 to 6 more minutes until cheese has completely melted and has started to crisp.
- Remove from the oven, add the avocado slices, sprinkle with bacon and chives and serve.

PARENTS!

Want more ways to add tasty avocados to your family's table? Go to avocadosfrommexico.com/recipe to find great ideas for snacks and meals.

