Tanger Be Well Late Summer Recipe Pick

Chilled Avocado Soup

Makes about 2 quarts

This soup is at its best the day it’s made; after 24 hours it will taste fine but look a little dingy since the avocado will oxidize. Thin slices of lime are the garnish of choice. Other possibilities include sliced radish, minced red onion, slivers of pickled red onion, finely chopped tomato, a couple of thin rings of fresh jalapeno or serrano chili, crumbled Cotija cheese, sliced scallion, and chopped cilantro. As with any cold soup, chilled serving bowls are a nice touch.

¾ cup chopped onion, preferably white
2 ripe medium Hass avocados (about 6 ounces each), peeled and pitted
3 cups low-sodium chicken broth
¼ teaspoon ground cumin
½ teaspoon hot pepper sauce
2 ½ tablespoons fresh lime juice, or more to taste
1 ½ cups cold water
Salt and ground black pepper

In a blender, and working in batches, puree the onion, avocados, chicken broth, cumin, hot pepper sauce, lime juice, cold water, and 1 teaspoon salt until very smooth, at least 40 seconds. Pour the mixture into a large bowl (preferably stainless steel) and stir to blend. Cover and refrigerate until cold, about 3 hours. At serving time, stir the soup to re-blend. Taste and adjust seasoning, if necessary, with salt, black pepper and/or lime juice. Serve at once, garnishing each bowl as desired.

Tip: Place the avocado half with the pit on a work surface and gently strike the center of the pit with the edge of a knife blade, just hard enough to barely embed the blade in the pit. With a lifting and twisting motion, pull up the knife and the pit will dislodge and come with it. Carefully remove the pit from the blade.

Reference: http://www.bostonglobe.com/magazine/2015/08/02/
Spring cleaning is over and done, but if you skipped your medicine cabinet and the pills it’s been accumulating over the years, see the question-and-answer guide below to learn when and how to discard medications:

**Q: What is an expiration date?**
A: A drug manufacturer is required to conduct testing to determine the date beyond which a medication should not be used. The United States Pharmacopeia, a nonprofit organization used by the Food and Drug Administration (FDA), that sets standards for drug efficacy and safety, states that a drug’s expiration date should reflect its safety and potency.

**Q: Are all drugs that are past their expiration dates bad?**
A: A drug that has passed the printed expiration date on its label hasn’t necessarily “gone bad”; it means the manufacturer has ensured that up to that date, the drug still meets approved safety and potency standards.

**Q: Can I keep using expired medications?**
A: While throwing away medications that have passed their expiration date might seem wasteful, not all medications have been evaluated for safety and potency beyond their expiration dates. For help in deciding what to do with a specific medication, ask your pharmacist.

**Q: I want to get rid of an expired medication/I want to get rid of a medication I no longer need. How should I dispose of it?**
A: Some municipalities sponsor drug take-back programs. Call your local government’s trash and recycling services to see if the service is provided in your area. To dispose of medications at home, follow these steps:

- Take the medication out of its original container.
- Mix the medication with an undesirable substance, such as used coffee grounds or cat litter.
- Place the mixture in a disposable container with a lid, such as an empty margarine tub or a sealable bag.
- Remove personal information (including prescription numbers) from empty prescription medication containers.
- Place the sealed container with the drug mixture and the empty drug containers in the trash.

For disposal of controlled substances, the U.S. Drug Enforcement Administration (DEA) has a registry of public disposal locations that can be accessed at the following website: https://www.deadiversion.usdoj.gov/pubdispsearch/

**Note:** Flush expired medications only if the medication’s label or accompanying patient information direct you to do so.

**Q: Why does it matter how I dispose of medications?**
A: Proper disposal helps prevent poisoning of children and pets, misuse of the medications by others, use of the wrong medication or medications that are no longer effective, and entry of medications into drinking water sources when flushed down the toilet or poured into drains.

Remember, if you have any questions about your medications regarding disposal or other issues, speak with your pharmacist.

References.
"How to dispose of unused medications". FDA Consumer Health Information. U.S. Food and Drug Administration. April 2011.