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classienu Eating While “#Sheltered-in-Place”: While “sheltering in place” is proving to be a good tactic for fighting the Coronavirus, we’re hearing that it’s also contributing to over-eating and weight gain. One quick and nutritious meal solution is avocado toast.

Fortunately, the avocado is “in recovery” from a dated image of being only appropriate for West Coast, upscale, luxury diners. Those of us in the rest of the country have recently been discovering that, in addition to being surprisingly delicious, the fruit (yes fruit) is also a



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APRIL 10

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