

AVOCADO SALSA "BOATS" (STUFFED AVOCADOS)



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AVOCADO SALSA “BOATS”

(Stuffed Avocados—vegan, gluten-free, nut-free, refined sugar-free, soy-free)

INGREDIENTS

2 Avocados From Mexico avocados

1 cup tomato salsa, prepared

½ cup canned sweet corn kernels, drained and rinsed

2 tbsp. cilantro, chopped

INSTRUCTIONS

1. Slice avocado in half and remove pit. Scoop out a spoonful of avocado from each of the avocado halves to make room for filling.
2. Gently mix together scooped out avocado flesh, salsa, sweet corn kernels and cilantro. Fill each avocado half with ⅓ cup salsa mixture. Serve remaining salsa on the side.

SUGGESTED VARIATIONS

Stuffed Taco Avocado Boat: Prepare taco meat with seasonings. Fill each avocado half with taco meat and top with salsa, beans and cheese.

Baked Egg Avocado Boat: Crack an egg into the center of each avocado half. Bake at 375°F for 15–20 minutes until egg is cooked.

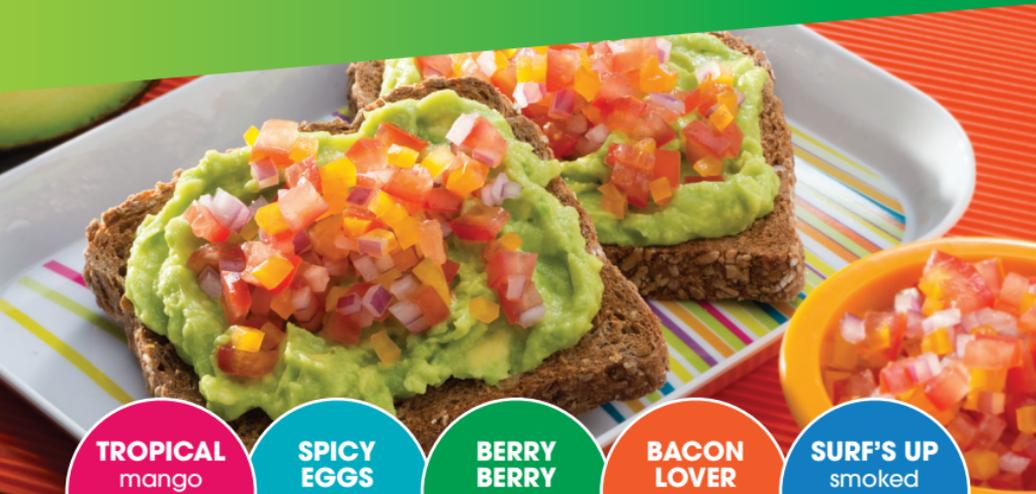
Caprese Salad Stuffed Avocado Boat: Slice pearl-sized mozzarella balls and cherry tomatoes in half, combine with basil pesto and balsamic vinegar, and fill each avocado half.

BLT Avocado Boat: Combine chopped turkey breast, crispy bacon, grape tomatoes and chopped lettuce to make a salad. Stuff avocado halves and top with Dijon mustard.

MAKES 8 SERVINGS

Avocado Salsa Boats (½ Avocado) | Calories: 160, Total Fat: 12g (Sat. Fat: 1.5g, Trans Fat: 0g)
Cholesterol: 0mg, Sodium: 260mg, Total Carbohydrate: 14g, Dietary Fiber: 3g, Sugar: 3g, Protein: 3g

AVOCADO TOAST: MAKE IT YOUR WAY



TROPICAL
mango
+ coconut
flakes

**SPICY
EGGS**
fried egg
+ sriracha
sauce

**BERRY
BERRY**
strawberries
+ blueberries

**BACON
LOVER**
bacon
+ honey

SURF'S UP
smoked
salmon
+ tomato

Avocado toast takes less than 5 minutes to make and with some easy preparation to stack your favorite toppings, you can continue to add good nutrition to your morning routine.

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AVOCADO NUTRITION DID YOU KNOW?

AVOCADOS HAVE A NEW SERVING SIZE THAT IS EQUIVALENT TO ONE-THIRD OF A MEDIUM AVOCADO (50 GRAMS). AVOCADOS PROVIDE THE FOLLOWING NUTRIENTS PER SERVING:

- One-third of a medium avocado (50g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice
- Avocados are a good source of fiber and folate per 50g serving (one-third of a medium avocado)
- Avocados are sugar-free
- Avocados contribute the good fats to the diet



The Dietary Guidelines for Americans and the American Heart Association recommend eating a variety of nutritious foods from all food groups. Eating a variety of fruits and vegetables may help one control their weight, cholesterol and blood pressure. Avocados are a nutrient-dense food that can help boost fruit intake.



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GRILLED SALMON BURGERS



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GRILLED SALMON BURGERS

INGREDIENTS

- 2 large Avocados From Mexico avocados, chopped
- 1 pound salmon fillets
- 2 green onions, chopped
- ¼ cup cilantro, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. lime juice, divided
- Salt and pepper to taste

INSTRUCTIONS

1. Remove skin from salmon fillets and chop into ½-inch chunks. Place in a food processor and gently pulse until combined—4–5 quick pulses. Do not over mix!
2. In a large bowl, combine chopped salmon, green onions, cilantro, dill, 1 tbsp. lime juice and mix well. Season as desired with salt and pepper or salt-free seasoning.
3. Divide salmon mixture into six equal parts and form into patties.
4. Heat grill to medium-high heat. Cook salmon burgers 3–5 minutes on each side.
5. Using a fork, gently mash avocado and remaining lime juice, leaving chunks of avocado. Top each burger with mashed avocado and serve. Top with fresh lemon or lime wedges.

MAKES 6 SERVINGS

Grilled Salmon Burgers (3 oz burger) | Calories: 200, Total Fat: 13g (Sat. Fat: 2g, Trans Fat: 0g)
Cholesterol: 50mg, Sodium: 45mg, Total Carbohydrate: 3g, Dietary Fiber: 1g, Sugar: 0g, Protein: 18g

DARK CHOCOLATE AVOCADO BROWNIES



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DARK CHOCOLATE AVOCADO BROWNIES

INGREDIENTS

- | | |
|---------------------------------|---|
| 2 Avocados From Mexico avocados | ¼ tsp. salt |
| 4 large eggs | 1 tsp. vanilla extract |
| 1 cup sugar | ½ cup whole wheat flour |
| 8 oz. dark chocolate chips | Add ½ cup of chopped walnuts if
you want to add some crunch! |
| ½ cup dark cocoa powder | |

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Line an 8x8-inch cake pan with parchment paper and spray with cooking spray.
3. Beat eggs and sugar with electric mixer at medium speed until bubbly and fluffy.
4. Place chocolate chips in microwave-safe bowl and microwave on HIGH in 15 seconds increments, stirring in between, until melted.
5. With mixer running, add chocolate to egg mixture. Fold in cocoa, salt, vanilla and flour.
6. Mash avocados in separate bowl until very smooth. Add to batter and mix well.
7. Pour batter into prepared pan and bake 30 minutes, or until toothpick is inserted in center and comes out clean.
8. Let cool before slicing.

MAKES 16 SERVINGS

Dark Chocolate Avocado Brownies (1/16) | Calories: 190, Total Fat: 9g (Sat. Fat: 4g, Trans Fat: 0g)
Cholesterol: 55mg, Sodium: 90mg, Total Carbohydrate: 28g, Dietary Fiber: 3g, Sugar: 20g, Protein: 4g