

CHIP INTO SMARTER SNACKING.

WORTH EVERY BITE.



PURE DELICIOUSNESS
SIMPLY

For more delicious recipes, visit

AvocadosFromMexico.com

SimplyFritoLay.com



SNACK BETTER WITH AVOCADOS FROM MEXICO AND SIMPLY TOSTITOS® ORGANIC BLUE CORN TORTILLA CHIPS

People are increasingly choosing to replace sit-down meals with snacks¹. Making sensible snacking choices is an opportunity to fill nutrition gaps, such as increasing the intake of fruits and vegetables. Choosing avocado with tortilla chips* is one example of delicious and nutrient dense snack option.

DIETITIAN'S TIPS FOR SENSIBLE SNACKING

► PRE-PORTION SNACKS

Pack a reasonable amount ahead of time to avoid mindless overeating.

► PAIR SNACKS WITH PRODUCE

Incorporate fresh produce into the snacks you already love such as tortilla chips and fresh avocado dips.

To take your snacking to a new level, consult your in-store Registered Dietitian Nutritionist (R.D.N.) to personalize nutritious snacks that fit into your lifestyle.

¹. Global Consumer Trends Survey 2017.

*No serving of fruit comes from tortilla chips

PAIRINGS TO HELP YOU MEET YOUR RECOMMENDED INTAKE



PURE DELICIOUSNESS
SIMPLY

½ CUP EQUIVALENT
OF VEGETABLE

Simply
TOSTITOS®
Organic
Blue Corn
Tortilla Chips



6 tortilla chips



Avocados
From Mexico



Bean and Avocado
Dip made with
½ cup beans

½ CUP EQUIVALENT
OF VEGETABLE



6 tortilla chips



Avocado Vegetable
Ceviche made with ¼
cup tomato + ¼ cup
cucumber + radish

½ CUP EQUIVALENT
OF FRUIT



6 tortilla chips



Strawberry Avocado
Salsa made with
½ cup strawberries

BETTER TOGETHER

Avocados and tortilla chips are a delicious pairing with tons of tasty possibilities.



PURE DELICIOUSNESS
SIMPLY



Avocados From Mexico are a heart healthy, nutrient dense fruit that provides nearly 20 vitamins, minerals and plant nutrients. Avocados count toward fruit and vegetable intake, provide several under-consumed nutrients, and are a source of naturally **good fats**.



Simply TOSTITOS® Organic Blue Corn Tortilla Chips are made with just 3 simple, Non-GMO ingredients - organic blue corn, organic expeller pressed sunflower oil and sea salt.

FOLLOW AND TAG US!



@AvocadosFromMexico
@FritoLay



@AvocadosFromMexico
@FritoLay

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.



PURE DELICIOUSNESS
SIMPLY

Avocados from Mexico™

AVOCADO VEGETARIAN CEVICHE

AVOCADO VEGETARIAN CEVICHE

MAKES 8 SERVINGS

INGREDIENTS

- 2 Avocados From Mexico, cubed
- 1 bag Simply TOSTITOS® Organic Blue Corn Tortilla Chips
- 1 block tofu (14oz), drained, pressed and cut into small cubes
- ¼ cup red onion, chopped
- 2 roma tomatoes, diced
- 1 english cucumber, diced
- 6 radishes, sliced thin
- 1 serrano chili pepper, diced
- ¼ cup cilantro, chopped
- ½ cup lime juice

INSTRUCTIONS

1. Combine tofu, onion, cucumber, serrano pepper, lime juice and lemon juice in a large bowl. Set aside and refrigerate for 30 minutes to 1-hour.
2. Remove tofu mixture from refrigerator and gently add in tomato, avocado and cilantro. Combine all ingredients and serve with Simply TOSTITOS® Organic Blue Corn Tortilla Chips. Top with sriracha sauce prior to serving, as desired.

DIETITIAN'S TIP

Tofu is a plant-based (soybean) source of protein and can be used in place of seafood, meat and dairy in recipes.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 270, Total Fat: 16g, Cholesterol: 0mg, Sodium: 100mg, Total Carbohydrates: 27g, Dietary Fiber: 5g, Sugar: 2g, Protein: 8g

AvocadosFromMexico.com | SimplyFritoLay.com



PURE DELICIOUSNESS
SIMPLY

Avocados from Mexico™

STRAWBERRY AVOCADO SALSA WITH CINNAMON TORTILLA CHIPS

STRAWBERRY AVOCADO SALSA WITH CINNAMON TORTILLA CHIPS

MAKES 8 SERVINGS

INGREDIENTS

- 2 Avocados From Mexico, diced
- 1 bag Simply TOSTITOS® Organic Blue Corn Tortilla Chips
- 4 cup strawberries, diced
- ¼ cup basil, chopped
- 2 tsp lime zest, grated
- ¼ cup fresh lime juice
- 1 TB balsamic vinegar glaze
- Cooking spray
- 3 TB granulated sugar
- 1 TB ground cinnamon

INSTRUCTIONS

1. In a medium bowl, combine avocados, strawberries, basil, lime zest, lime juice, and balsamic glaze. Gently stir to combine. Chill if desired.
2. To prepare cinnamon tortilla chips: Preheat oven to 350°F. Mix together cinnamon and sugar.
3. Spray a baking sheet with nonstick cooking spray. Place tortilla chips on baking sheet and lightly spray with cooking spray. Sprinkle cinnamon sugar mix over tortilla chips. Bake in oven for 3-5 minutes.
4. Once tortilla chips have cooled, serve with chilled Strawberry Avocado Salsa.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 270, Total Fat: 14g, Cholesterol: 0mg, Sodium: 85mg, Total Carbohydrates: 36g, Dietary Fiber: 7g, Sugar: 10g, Protein: 4g

AvocadosFromMexico.com | SimplyFritoLay.com



PURE DELICIOUSNESS
SIMPLY

Avocados from Mexico

SHEET PAN VEGGIE BURGER NACHOS

SHEET PAN VEGGIE BURGER NACHOS

MAKES 8 SERVINGS

INGREDIENTS

- 1 Avocados From Mexico, diced
- 1 bag Simply TOSTITOS® Organic Blue Corn Tortilla Chips
- 1 lb plant-based meat-less ground meat (or substitute vegetarian burger, crumbled)
- 1 TB reduced-sodium taco seasoning
- 1 cup reduced-fat cheddar cheese, shredded
- ¼ cup red onion, diced
- 2 cups lettuce, chopped
- 2 medium tomatoes, diced
- ½ cup pickle chips

INSTRUCTIONS

1. In a medium skillet, cook the plant-based meat over medium heat until fully cooked and browned. Add in the taco seasoning and continue to cook or another minute or so.
2. Preheat your oven to 325°F. As an alternative, this recipe can be made in foil on a grill as well.
3. Scatter the blue corn tortilla chips in an even layer on a rimmed metal baking sheet. Top with shredded cheese, the meat, onions and more cheese.
4. Bake the nachos in preheated oven for 10 minutes or until the cheese has melted.
5. Remove from oven and top with lettuce, tomatoes, pickle chips and fresh diced avocados.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 320, Total Fat: 21g, Cholesterol: 10mg, Sodium: 580mg, Total Carbohydrates: 27g, Dietary Fiber: 5g, Sugar: 2g, Protein: 17g

AvocadosFromMexico.com | SimplyFritoLay.com



PURE DELICIOUSNESS
SIMPLY

Avocados from Mexico™

PINEAPPLE, AVOCADO & BBQ CHICKEN BITES

PINEAPPLE, AVOCADO & BBQ CHICKEN BITES

MAKES 8 SERVINGS

INGREDIENTS

1 Avocado From Mexico, cubed
1 bag Simply TOSTITOS® Organic
Blue Corn Tortilla Chips
½ lb (16oz) rotisserie chicken, cooked,
skinless and shredded
½ cup BBQ sauce
1 cup pineapple, chunks
1 TB cilantro, chopped
1 lime, cut in wedges
Optional topping: shredded
purple cabbage

INSTRUCTIONS

1. Shred chicken and combine with BBQ sauce in a medium bowl. Set aside.
2. Gently combine pineapple and avocado into BBQ chicken mixture.
3. Place 1 TB of BBQ chicken mixture on each Simply TOSTITOS® Organic Blue Corn Tortilla Chip and squirt with lime juice. Sprinkle cilantro and cabbage, as desired.

DIETITIAN'S TIP

Add more colorful produce to snacks to boost intake of fruits and vegetables!

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 300, Total Fat: 14g, Cholesterol: 50mg,
Sodium: 410mg, Total Carbohydrates: 30g, Dietary Fiber: 3g, Sugar: 7g, Protein: 19g

AvocadosFromMexico.com | SimplyFritoLay.com



EDAMAME GUACAMOLE

EDAMAME GUACAMOLE

MAKES 8 SERVINGS

INGREDIENTS

- 2 ripe **Avocados From Mexico**, diced
- 1 bag **Simply TOSTITOS® Organic Blue Corn Tortilla Chips**
- 1 cup frozen shelled edamame, thawed
- 1 TB water
- ¼ cup cilantro, chopped
- 1 garlic clove, minced
- 2 TB white onion, chopped
- 3 TB fresh lime juice
- 1 TB jalapeño pepper, minced

INSTRUCTIONS

1. Put edamame, avocado, cilantro, garlic, onion, and lime juice in a food processor pulse until smooth. Add water to mixture to make a creamier consistency. Pulse until smooth.
2. Transfer edamame guacamole to a serving bowl or traditional molcajete (the Mexican version of a mortar and pestle). Stir.
3. Serve with Simply TOSTITOS® Organic Blue Corn Tortilla Chips.

DIETITIAN'S TIP

Edamame adds plant-powered crunch to this guacamole!

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 250, Total Fat: 14g, Cholesterol: 0mg, Sodium: 95mg, Total Carbohydrates: 27g, Dietary Fiber: 5g, Sugar: 1g, Protein: 5g

AvocadosFromMexico.com | SimplyFritoLay.com



PURE DELICIOUSNESS
SIMPLY

Avocados from Mexico™

BEAN & AVOCADO DIP

BEAN & AVOCADO DIP

MAKES 8 SERVINGS

INGREDIENTS

1 ripe Avocados From Mexico, diced
1 bag Simply TOSTITOS® Organic Blue Corn Tortilla Chips
2 cans (16oz each) traditional refried beans, non-fat
1 can (7oz) salsa verde (green salsa)
1 lime, quartered
2 TB cilantro, chopped
Optional toppings: chopped tomatoes, sliced jalapeños, queso fresco.

INSTRUCTIONS

1. In a large microwave-safe bowl, combine beans and salsa; cover and microwave on high for 2 minutes. Stir mixture and cook for 1 minute.
2. Transfer bean mixture to a serving bowl. Top with diced avocado, cilantro and squirt with the juice of 1 lime wedge. Serve with tortilla chips and extra lime wedges.

DIETITIAN'S TIP

A powerful snacking choice with
9g protein + 7g fiber per serving

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 300, Total Fat: 10g, Cholesterol: 0mg,
Sodium: 730mg, Total Carbohydrates: 42g, Dietary Fiber: 7g, Sugar: 2g, Protein: 9g

AvocadosFromMexico.com | SimplyFritoLay.com