

POWER UP *WITH* PLANTS

PLANT-BASED FLEXITARIAN EATING



ALWAYS GOOD, ALWAYS DELICIOUS

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POWER UP ON PLANTS ALL YEAR

REGISTERED DIETITIANS ARE THE TRUSTED SOURCE FOR NUTRITION.

Improved health is one of the many reasons people choose to adopt a plant-based eating style. These benefits result from both reducing the intake of saturated fat and cholesterol, and increasing dietary fiber, antioxidants and phytochemicals by eating more fresh fruit, vegetables, whole grains and plant proteins (nuts, beans, legumes).¹



Barbara Ruhs, MS, RDN
Avocados From Mexico

Learn more about healthy eating
and nutrition by contacting your
store's Registered Dietitian today!

Source: 1. Marsh K, Zeuschner C, Saunders A. Health Implications of a Vegetarian Diet: A Review. *American Journal of Lifestyle Medicine*. 2012;6(3):250-267. DOI:10.1177/1559827611425762

PLANT-BASED PERKS



HEALTH BENEFITS OF PLANT-BASED EATING:¹

- ✓ Reduced risk of heart disease
- ✓ Better weight management
- ✓ Reduced cholesterol levels
- ✓ And plant-based foods are delicious too!

Source: 1. Dinu M, Abbate R, Gensini GF, Casini A, Soffi F. Vegetarian, vegan diets and multiple health outcomes: A systematic review with meta-analysis of observational studies. *Critical Reviews in Food Science and Nutrition*. 2017;57(17): 3640-3649, DOI: 10.1080/10408398.2016.1138447



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HONEY BALSAMIC-GLAZED AVOCADO TOAST

HONEY BALSAMIC-GLAZED AVOCADO TOAST

INGREDIENTS

For the Toast

Avocados From Mexico

NatureSweet® Cherubs® tomatoes, halved

Your favorite bread

For the Honey-Balsamic Glaze

1 cup balsamic vinegar

½ cup honey

Seasonings & Toppings (optional)

toasted seeds or nuts (sesame, pumpkin, pistachios)

red pepper flakes

crumbled cheese (goat, feta)

herbs (basil, mint)



SERVING SIZE

4

INSTRUCTIONS

1. In a small saucepan, combine the balsamic vinegar and honey and bring to a boil, then reduce the heat and simmer until the glaze reduces by half and is thick, about 20 minutes.
2. Remove from the heat and let cool to room temperature. The glaze will keep indefinitely in the fridge in an airtight container; warm slightly before using and storing.
3. To assemble your avocado toast, toast your bread until your desired doneness. Add the avocado in slices or a mash. Sprinkle with desired seasonings and toppings, then drizzle with the Honey-Balsamic Glaze.



TUNA NIÇOISE ENTREE SALAD

TUNA NIÇOISE ENTREE SALAD

INGREDIENTS

For the Salad

- 2 Avocados From Mexico, diced
- 1.5 (10 oz) cup NatureSweet® Cherubs® tomatoes, halved
- 12 oz of white tuna, packed in water, drained
- 1 tbsp lemon juice
- 4 cups Bibb lettuce (or mixed baby lettuces)
- 2 cucumbers, sliced
- 4 hard-boiled eggs, quartered
- 2 cups green beans, blanched

- ¼ cup Kalamata olives, pitted, sliced
- 2 tbsp fresh dill, chopped
- 4 lemon wedges, for serving

For the Dressing

- 2 tbsp extra virgin olive oil
- 2 tsp lemon juice
- 1 tbsp Dijon mustard
- 2 tbsp water, or more to thin liquid dressing

INSTRUCTIONS

1. Boil 4 cups of water. Place green beans in boiling water for 4 minutes, then take them out and rinse under cold water. Let sit until completely cooled.
2. Blend the tuna with the juice of 1 lemon wedge and dill.
3. To make salad dressing, combine all ingredients in a small bowl (or blender).
4. Arrange the salad on a baking sheet: Break up tuna from pouch/can and place in the center of the baking sheet. Arrange rows of remaining ingredients, olives, eggs, tomatoes, cucumbers and lettuce around the tuna.
5. Drizzle with salad dressing, top with fresh chopped dill and serve with lemon slices.



SERVING SIZE
4

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 460, Total Fat: 29g, Cholesterol: 220mg, Sodium: 680mg, Total Carbohydrates: 23g, Dietary Fiber: 9g, Sugar: 8g, Protein: 31g

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GUAC-STUFFED TOMATOES AND MANGO CONFETTI

GUAC-STUFFED TOMATOES WITH MANGO CONFETTI

INGREDIENTS

- 1 Avocado From Mexico, mashed
- 20 NatureSweet® Cherubs® tomatoes
- ½ lemon, juiced
- ½ cup mango, diced
- 1 tbsp olive oil
- ½ tbsp chopped cilantro, plus more for garnish
- ½ tsp garlic powder
- salt and pepper to taste

INSTRUCTIONS

1. Cut the tomatoes in half and hollow them out. If necessary, cut a small slice off the bottom of each half so they don't roll around. Set aside.
2. In a bowl, mash the avocado until chunky-smooth. Add lemon juice, diced mango, olive oil, cilantro, garlic powder, salt and pepper.
3. Fill the tomatoes with the avocado mixture, garnish with cilantro and serve.



SERVING SIZE
4

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 140, Total Fat: 11g, Cholesterol: 0mg,
Sodium: 80mg, Total Carbohydrates: 11g, Dietary Fiber: 5g, Sugar: 5g, Protein: 2g

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AVOCADO WEDGE SALAD

AVOCADO WEDGE SALAD

INGREDIENTS

For the Salad

- 1 Avocado From Mexico, sliced in thin wedges
- 1 cup NatureSweet® Cherubs® tomatoes, halved
- 1 head iceberg lettuce, cut into 4 wedges
- 2 oz of blue cheese, crumbled
- 2 tbsp sun-dried tomato bits

For the Avocado Ranch Dressing

- 1 Avocado From Mexico
- ¼ cup nonfat plain Greek yogurt
- ¼ cup reduced-fat buttermilk
- 1 tbsp lime
- 1 garlic clove
- ½ tsp onion powder
- 1 tbsp fresh chives, chopped
- kosher salt and fresh ground pepper to taste

INSTRUCTIONS

1. To prepare Avocado Ranch Dressing, place ingredients in a blender and puree until smooth.
2. To assemble the salad, place lettuce wedges on a large serving platter and top with fresh tomatoes. Drizzle Avocado Ranch Dressing and crumbles of blue cheese on salad. Top with remaining avocado wedges and sun-dried tomato bits.



SERVING SIZE
4

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 230, Total Fat: 15g, Cholesterol: 10mg,
Sodium: 200mg, Total Carbohydrates: 19g, Dietary Fiber: 8g, Sugar: 9g, Protein: 9g

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AVOCADO THAI NOODLE CRUNCH SALAD WITH TOMATOES

AVOCADO THAI NOODLE CRUNCH SALAD WITH TOMATOES

INGREDIENTS

For the Salad

- 2 Avocados From Mexico
- 1 cup NatureSweet® Cherubs® tomatoes, diced
- 2 cups rice noodles, cooked & cooled
- 4 cups cabbage slaw mix (shredded red cabbage, carrots)
- 1 red bell pepper, sliced
- 1 cup edamame soybeans, cooked, prepared
- ½ cup scallions, chopped
- ¼ cup cilantro, chopped
- ¼ cup fresh mint (or Thai basil), chopped
- ¼ cup unsalted roasted peanuts
- Optional: jalapeño, finely chopped

For the Dressing

- 2 tbsp ginger, minced
- 1 clove garlic
- ¼ cup smooth peanut butter (or substitute almond butter)
- ¼ cup fresh orange juice
- 3 tbsp lime juice
- 1 tbsp reduced-sodium soy sauce (or liquid aminos)
- 2 tbsp honey
- 2 tbsp sesame oil
- ½ tsp sriracha sauce



SERVING SIZE
4

INSTRUCTIONS

1. To make peanut sauce dressing, place all ingredients in a blender and pulse until smooth.
2. In a large bowl, combine all vegetables together. Add the cooked (cold) noodles to the vegetables and blend together. Add the salad dressing and toss well to combine. Top with roasted peanuts. Optional: garnish with cilantro leaves and serve with a lime wedge.

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 540, Total Fat: 30g, Cholesterol: 0mg, Sodium: 280mg, Total Carbohydrates: 60g, Dietary Fiber: 13g, Sugar: 20g, Protein: 16g

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AVOCADO & CHICKPEA SALAD WITH TOMATOES

AVOCADO & CHICKPEA SALAD WITH TOMATOES

INGREDIENTS

- 2 cups Avocados From Mexico, sliced
- 2 chickpeas, 15 oz cans, drained, rinsed
- 2 cups NatureSweet® Cherubs® tomatoes
- 1 cup English cucumber, diced
- ¼ cup feta cheese, crumbled
- ¼ cup Kalamata olives, pitted, halved
- ¼ cup red onions, diced
- ¼ cup tzatziki dressing, prepared
- 1 tbsp fresh dill, chopped

INSTRUCTIONS

1. In a large bowl, add chickpeas, tomatoes, avocado, cucumber and onion.
2. Drizzle with desired amount of dressing.
3. Garnish with olives, feta cheese and dill. Season to taste.



SERVING SIZE
4



PASTA SALAD ON-A-STICK WITH AVOCADO PESTO

PASTA SALAD ON-A-STICK WITH AVOCADO PESTO

INGREDIENTS

For the Skewers

- 6 cups water
- 1 cup NatureSweet® Cherubs® tomatoes
- 2 cups tortellini uncooked
- ½ cup basil, fresh
- 8 wooden skewers

For the Avocado Pesto

- 1 Avocado From Mexico
- ½ cup basil
- ¼ cup pistachios, no shells
- 2 tbsp parmesan cheese, shaved
- 2 tbsp avocado oil
- ½ tbsp lemon juice
- ½ tbsp garlic, minced
- salt, to taste

INSTRUCTIONS

1. In a medium pot, add water and bring to a boil. Add tortellini and boil until cooked (approximately 7 minutes). Drain the excess water.
2. For the Avocado Pesto, in a large food processor, add avocado, basil, pistachios, parmesan cheese, avocado oil, lemon juice and garlic. Then blend until well mixed. Salt to taste.
3. In a large bowl, add the tortellini and stir in the avocado pesto until well combined.
4. On a large plate, skewer the tortellini, tomato and basil in order of choice until there are no remaining ingredients.



SERVING SIZE
4

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 620, Total Fat: 28g, Cholesterol: 60mg,
Sodium: 600mg, Total Carbohydrates: 72g, Dietary Fiber: 7g, Sugar: 3g, Protein: 22g

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PLANT-BASED AVOCADO BROCCOLI SALAD WITH TOMATOES

PLANT-BASED AVOCADO BROCCOLI SALAD WITH TOMATOES

INGREDIENTS

For the Salad

- 1 Avocado From Mexico, diced
- 1 cup NatureSweet® Cherubs® tomatoes, halved
- 1 (12 oz) bag broccoli florets, cooked, chopped
- ½ cup red onion, finely diced
- 1 cup cooked edamame, shelled
- 1/3 cup roasted and unsalted sunflower seeds
- 1 tbsp dried cranberries

For the Dressing

- 1 Avocado From Mexico
- 1 tbsp Dijon mustard
- 2 tbsp apple cider vinegar
- 1 tbsp pure maple syrup
- 2 cloves garlic, minced
- ¼ cup lemon juice
- salt & pepper to taste

INSTRUCTIONS

1. Steam broccoli for 3 minutes. Drain and cool with ice while preparing the avocado dressing.
2. To make dressing, place all ingredients in a food processor and process until smooth.
3. Blend the chopped broccoli, avocado, sunflower seeds, red onion, edamame, tomatoes, and cranberries in a large mixing bowl.
4. Pour the dressing over the salad and toss until everything is coated. Serve immediately.



SERVING SIZE
4

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 260, Total Fat: 14g, Cholesterol: 0mg, Sodium: 200mg, Total Carbohydrates: 25g, Dietary Fiber: 10g, Sugar: 9g, Protein: 10g

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