

# California Avocado Recipes

*from* AMERICA'S TEST KITCHEN



## It's California Avocado Season!

Spring to Fall marks the California Avocado season, the perfect time to enjoy this delectable fruit.



California is the original “Avocado Capital,” with 90 percent of the nation’s avocado crop grown in the state by nearly 5,000 farmers who plant, tend and harvest their trees by hand. These growers, mostly on small family farms, take advantage of the coastal climate and ideal growing conditions of the region. Today, about 95 percent of California Avocados are the Hass variety.

**Every Hass Avocado in the World Can Trace its Roots to California.** California postal worker Rudolph Hass first planted avocado seeds at his home in La Habra Heights in 1926. After a couple of unsuccessful attempts to graft it with a Fuerte avocado tree, Hass left it alone. When he finally tasted the fruit from the tree he grew, it was creamy, delicious and hearty. In fact, it was so special that he patented the variety in 1935, naming it Hass, after himself. Word of the Hass avocado’s delicious flavor spread throughout California and abroad, and today it is the most popular avocado in the world. Today, the Hass variety accounts for about 80 percent of all avocados eaten worldwide—

each one a descendant of the original California Mother Hass Tree.

**Wake up to breakfast with California Avocados.** What happens when the most important meal of the day meets one of the most delicious fruits in the world? A better breakfast is born! Building your breakfast with the help of California Avocados is an easy way to enjoy a wholesome meal and provide you with energy to start the day. California Avocados are an excellent addition to a well-balanced breakfast. They contribute nearly 20 vitamins, minerals and phytonutrients.

**Celebrate American Summer Holidays with California Avocados** and add a little green to your red, white and blue celebrations. California Avocados are all-American and perfect for any celebration. From Memorial Day to Labor Day and all of those special events in between, add California Avocados to your menu and make your dishes spectacular. Surprise and delight your friends and family with the rich, creamy flavor of hand-grown California Avocados. The American Dream never tasted so good.



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## Pan-Seared Shrimp with Tomato and Avocado

### SERVES 4

The cooking times below are for extra-large shrimp. If using smaller or larger shrimp, be sure to adjust the cooking time as needed. This dish is fairly spicy; to make it milder, use less chipotle.

- 1 pound tomatoes, cored, seeded, and cut into ½-inch pieces**
- 6 scallions, white and green parts separated, sliced thin**
- ¼ cup minced fresh cilantro**
- 3 garlic cloves, minced**
- 1 tablespoon lime juice**
- 1 teaspoon minced canned chipotle chile in adobo sauce**
- Salt and pepper**
- 1½ pounds extra large shrimp (21 to 25 per pound), peeled and deveined**
- ⅛ teaspoon sugar**
- 4 teaspoons canola oil**
- 1 ripe, Fresh California Avocado, peeled, pitted, and cut into ½-inch pieces\***
- Lime wedges**

1. Combine tomatoes, scallion whites, cilantro, garlic, lime juice, chipotle, and ¼ teaspoon salt in bowl.

2. Pat shrimp dry with paper towels, sprinkle with sugar, and season with salt and pepper. Heat 2 teaspoons oil in 12-inch nonstick skillet over high heat until just smoking. Add half of shrimp and cook until curled and lightly browned, about 2 minutes.

3. Transfer shrimp to bowl and cover with aluminum foil. Repeat with remaining 2 teaspoons oil and remaining shrimp; transfer to bowl.

4. Return skillet to high heat, add tomato mixture, and cook until tomatoes soften slightly, about 1 minute. Off heat, return shrimp to skillet and toss to coat. Transfer shrimp to platter, season with salt and pepper to taste, and sprinkle with scallion greens and avocado. Serve with lime wedges.

**\*NOTE:** As with all fruits and vegetables, wash avocados before cutting. Click [HERE](#) for tips on how to choose and use California Avocados.



A healthy avocado-scallion topping is the finishing touch to these pan-seared shrimp in a spicy chipotle sauce.



### AVOCADO NUTRITION FACTS

Healthy eating and avocados can go hand in hand. Whether its calories, fiber, saturated fat or cholesterol, avocados have more of what you want and less of what you don't want. Naturally cholesterol-free, avocados are a creamy and nutritious alternative to saturated fat laden spreads, toppings and dips. A 1-ounce serving of fresh avocados contains 0 mg of cholesterol, 0 mg of sodium and 0.5 g saturated fat.

## Salad with Roquefort, Avocado, Tomatoes, and Bacon

### SERVES 6 AS A FIRST COURSE

*We tried a half-dozen varieties of blue cheese and all were acceptable, but tasters favored rich, creamy Roquefort. If you prefer to use a very mild and mellow blue cheese, we recommend Danish blue; if you prefer a sharp and piquant one, try Stilton.*

- 5 slices bacon, cut into ½-inch strips**
- 3 tablespoons red wine vinegar**
- 3 tablespoons extra-virgin olive oil**
- Salt and pepper**
- 6 ounces cherry tomatoes, halved**
- 1 ripe, Fresh California Avocado, peeled, pitted, and cut into ¼-inch pieces\***
- 1 large bunch arugula, stems trimmed, torn into bite-size pieces (6 cups)**
- 1 head Boston or Bibb lettuce (8 ounces), torn into bite-size pieces**
- 3 scallions, green parts only, sliced thin**
- 6 ounces Roquefort cheese, crumbled (1½ cups)**

**1.** Cook bacon in small skillet over medium heat until browned and crisped, about 8 minutes; using slotted spoon, transfer to paper towel-lined plate and set aside.

**2.** Whisk vinegar, oil, ¼ teaspoon salt, and ⅛ teaspoon pepper together in small bowl until combined.

**3.** In medium bowl, toss tomatoes and avocado with 1 tablespoon vinaigrette; let sit for 5 minutes.

**4.** Toss arugula, lettuce, and remaining vinaigrette in large bowl; season with salt and pepper to taste. Divide greens among individual plates; top greens with tomato-avocado mixture; and sprinkle with bacon, scallion greens, and Roquefort. Serve immediately.

**\*NOTE:** As with all fruits and vegetables, wash avocados before cutting. Click [HERE](#) for tips on how to choose and use California Avocados.



We found that the key to a great blue cheese salad is having a free hand when introducing other flavors and textures; strong cheese really shines when tasted with sweet, tart, bitter and crunchy ingredients.



### AVOCADO NUTRITION FACTS

Avocados are a good way to get more lutein in the diet and act as a “nutrient booster” by enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene as well as lutein, in foods that are eaten with the fruit. By adding avocado to foods like salads, salsas, soups or sandwiches you can get more of the phytonutrient lutein in your diet. Lutein is a natural antioxidant concentrated in the macula of the eye. Research suggests lutein may help maintain healthy eyesight as we age.



The best guacamole starts with ripe California Avocados, but other ingredients often overwhelm their delicate flavor. Tasters liked the flavor of minced garlic in our Chunky Guacamole recipe but thought that raw onions were just too harsh. Instead, scallions lent a mellower onion flavor. Steeping them in lime juice for a few minutes before combining them with the avocados mellowed their flavor even more. To provide some textural contrast to our Chunky Guacamole, we mashed two-thirds of the avocado and roughly chopped the rest.

## Chunky Guacamole

**MAKES ABOUT 3 CUPS**

*Preparing guacamole ahead of time helps the flavors marry, but it should not be prepared more than one day in advance. To prevent the dip from turning brown, press a sheet of plastic wrap directly onto the surface and refrigerate until ready to use.*

- 2 scallions, white and green parts separated, sliced thin**
- 1 jalapeño chile, stemmed, seeded, and minced**
- 1 small garlic clove, minced**
- ¼ teaspoon grated lime zest plus 2 tablespoons lime juice**
- 3 ripe, Fresh California Avocado, peeled, pitted, and chopped\***
- 3 tablespoons chopped fresh cilantro**
- Salt**

**1.** Combine scallion whites, jalapeño, garlic and lime juice in large bowl. Let sit for 30 minutes.

**2.** Add two-thirds of avocado to bowl with jalapeño mixture and mash with potato masher until smooth. Gently fold remaining avocado into mashed avocado mixture. Gently stir in cilantro, scallion greens and lime zest. Season with salt to taste. Serve.

**\*NOTE:** As with all fruits and vegetables, wash avocados before cutting. Click [HERE](#) for tips on how to choose and use California Avocados.



### AVOCADO NUTRITION FACTS

California Avocados are in-season from Spring through Fall and pair especially well with summer fruits and vegetables to create new taste sensations. Taking advantage of the wide variety of in-season produce is a great way to follow the USDA's MyPlate recommendation to fill half your plate with fruits and vegetables. Avocados are a nutrient-dense fruit and one-fifth of a medium avocado (1 ounce) has 50 calories.



## Avocado Salad with Tomato and Radish

**SERVES 6**

*Crumbled feta cheese can be substituted for the ricotta salata.*

- 1 large shallot, sliced thin**
- 3 tablespoons red wine vinegar**
- 1 garlic clove, minced**
- ½ teaspoon mayonnaise**
- Salt and pepper**
- 3 tablespoons extra-virgin olive oil**
- 3 ripe, Fresh California Avocado, peeled, pitted, and cut into ¾-inch pieces\***
- 12 ounces cherry tomatoes, quartered**
- 3 radishes, sliced thin**
- ½ cup chopped fresh basil**
- 3 ounces ricotta salata, shaved thin**

**1.** Place shallot in 2 cups ice water and let stand for 30 minutes. Drain and pat dry with paper towels.

**2.** Whisk vinegar, garlic, mayonnaise, ¼ teaspoon salt, and ¼ teaspoon pepper in nonreactive bowl until mixture appears milky and no lumps remain. Whisking constantly, slowly drizzle in oil. Dressing should appear homogeneous, glossy, and slightly thickened, without pools of oil on surface.

**3.** Gently toss avocados, 2 tablespoons dressing and ½ teaspoon salt in bowl. Transfer avocados to large platter or individual plates.

**4.** Toss shallot, tomatoes, radishes and basil with remaining dressing. Spoon tomato mixture over avocados and sprinkle with ricotta salata. Serve immediately.

**\*NOTE:** As with all fruits and vegetables, wash avocados before cutting. Click [HERE](#) for tips on how to choose and use California Avocados.



Buttery avocados demand an acidic dressing to cut their richness. We were able to emulsify a highly acidic vinaigrette with a bit of mayonnaise to ensure cling. To add textural contrast, we steered clear of leafy greens and relied on crunchier vegetables. Arranging the dressed avocado chunks below the other ingredients maximized visual appeal by preventing the avocado from turning the salad murky.



### AVOCADO NUTRITION FACTS

Avocados can fit into your fitness plan as they offer a variety of nutrients, such as monounsaturated fat, vitamin E, potassium and magnesium that help keep metabolism and energy level in high gear to improve strength.



For a lively salsa recipe that could be served as the perfect accompaniment to fish or chicken, we balanced sweet pineapple with crisp bell pepper and creamy California Avocado. Lime juice, cilantro and jalapeño gave the salsa recipe a balanced flavor profile. We also found a way to make the salsa recipe a make-ahead recipe: Just hold off on adding the avocado until serving time.

## Pineapple-Avocado Salsa

**MAKES ABOUT 2 CUPS**

- ½ small ripe pineapple, peeled, cored, and cut into ½-inch pieces**
- ½ red bell pepper, chopped fine**
- 1 ripe, Fresh California Avocado, peeled, pitted, and diced\***
- 2 tablespoons chopped fresh cilantro**
- 1 small jalapeño chile, stemmed, seeded, and minced**
- 2 teaspoons packed dark brown sugar**
- 3 tablespoons fresh lime juice**
- Salt and pepper**

Gently toss pineapple, bell pepper, avocado, cilantro and jalapeño in medium bowl. Stir brown sugar and lime juice together in small bowl until sugar is dissolved, then stir into pineapple mixture until combined. Season with salt and pepper to taste. Serve.

**MAKE AHEAD:** This salsa is best served within 1 hour. To make ahead, mix all ingredients except avocado together and refrigerate up to 1 day. When ready to serve, add avocado and toss gently.

**\*NOTE:** As with all fruits and vegetables, wash avocados before cutting. Click [HERE](#) for tips on how to choose and use California Avocados.



### AVOCADO NUTRITION FACTS

Try this tip from the California Avocado Commission's Registered Dietitian: Replace half the fat in your favorite baked dessert with equal amounts of fresh avocado and you will increase your fruit intake. By substituting avocado, the nutritional value of the baked good is enhanced with the fruit's contribution of nearly 20 vitamins, minerals and phytonutrients, along with "good fats" (poly and monounsaturated fats). Additionally, the overall calories in a recipe can be reduced by substituting avocado for an ingredient like butter. Two tablespoons of avocado has 50 calories, whereas two tablespoons of butter total 204 calories.



# Cobb Chicken Salad

**MAKES ABOUT 6 CUPS, ENOUGH FOR 6 SANDWICHES**

Serve on toasted white bread or a baguette. If making salad in advance, refrigerate bacon separately.

- ½ cup mayonnaise
- 2 ounces blue cheese, crumbled (½ cup)
- 2 tablespoons sour cream
- 2 tablespoons lemon juice
- 5 cups cooked boneless, skinless chicken breast
- 2 large hard-cooked eggs, chopped fine
- 1 ripe, Fresh California Avocado, peeled, pitted, and diced\*
- Salt and pepper
- 4 slices bacon, cooked and crumbled

Mix mayonnaise, blue cheese, sour cream and lemon juice in large bowl until combined. Add chicken, eggs and avocado, then toss gently until coated. Season with salt and pepper to taste. Sprinkle with bacon.

**MAKE AHEAD:** Chicken salad can be covered with plastic wrap and refrigerated up to two days.

**\*NOTE:** As with all fruits and vegetables, wash avocados before cutting. Click [HERE](#) for tips on how to choose and use California Avocados.



For our flavor-packed Cobb Chicken Salad recipe, we found that sautéed boneless, skinless chicken breasts produced better flavor than the poached chicken most chicken salad recipes require. To create a distinctly flavored Cobb Chicken Salad recipe, we used flavorful ingredients like crumbled blue cheese and bacon. And using sour cream in the dressing lightened its texture so it didn't weigh the chicken down.



## AVOCADO NUTRITION FACTS

If you think butter and cream cheese are the only savory spreads, think again. Sliced or mashed California Avocados on 100% whole-grain toast, English muffins or bagels can replace artery-clogging saturated fats with “good” monounsaturated and polyunsaturated fats. Try California Avocados in place of cream cheese or butter and save on calories, saturated fat, sodium and cholesterol while adding beneficial nutrients.

FOOD	CALORIES	SATURATED FAT (G)*	SODIUM (MG)	POTASSIUM (MG)	CHOLESTEROL (MG)**
CALIFORNIA AVOCADOS, PURÉED (30 G)	50	.5	0	150	0
CREAM CHEESE (30 G)	103	1.929	32	14	11
BUTTER, UNSALTED (1 TBSP./14.2 G)	102	7.5	101	3	31

Per USDA National Nutrient Database for Standard Reference, Release 24

\* The recommended daily limit for saturated fat is 20 grams, based on a 2,000-calorie diet.

\*\*The recommended daily limit for cholesterol is 300 milligrams, based on a 2,000-calorie diet.





THIS 4TH of JULY  
★ ★ ★  
**ADD SOME GREEN**



**TO YOUR RED, WHITE *and* BLUE.**

**THIS 4TH OF JULY**, kick up those old classics and put a little green in your red, white and blue with fresh California Avocados. On burgers, on dogs, on the grill, or in your favorite salad, the options are endless and the avocados are All-American. Just like the folks who grow them, American family



farmers dedicated to delivering that creamy, completely handcrafted California Avocado taste to your 4th of July table. So when planning your celebrations, don't forget to bring home a true American classic ... the California Avocado. And always be sure to look for California on the label.

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