

Savor  
DELICIOUS  
Possibilities

# Sensational Salads Start with Heart Healthy Avocados

RECIPE BOOKLET AND  
EDUCATION GUIDE

Avocados From Mexico™

◆◆ ALWAYS IN SEASON ◆◆

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


Learn more at [AvocadoSaladCenter.com](http://AvocadoSaladCenter.com)

## AVOCADOS | fats with Benefits

**MORE THAN 75% of the fat in avocados is "good" fat**

The Dietary Guidelines for Americans recommends replacing "bad" fats with "good" fats, and avocados are virtually the only heart healthy fruit with monounsaturated and polyunsaturated fat (or good fats). Avocados are a good source of dietary fiber and contribute nearly 20 vitamins and minerals to the diet. They are also cholesterol- and sodium-free. Try nutritious avocados in salads, sandwiches, snacks, smoothies and desserts too.

### Did You Know?

-  The **TOTAL AMOUNT OF FAT** per serving is less in avocados than in butter or canola oil.
-  The **TYPE OF FAT**, rather than the total amount of fat, is most important for good health.<sup>1</sup>
-  **CHOOSE MORE GOOD FATS**—monounsaturated (MUFA) and polyunsaturated fats (PUFA).
-  **LIMIT THE INTAKE OF "BAD" FATS**—saturated and trans fats.

1. US Department of Health and Human Services; US Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th ed. Washington, DC: US Dept of Health and Human Services; December 2015. <http://www.health.gov/DietaryGuidelines>.

### FAT BREAKDOWN

1 serving = ½ medium avocado  
(50g) contains 80 calories and  
8 grams of total fat



-  **GOOD FAT**  
(Monounsaturated)
-  **GOOD FAT**  
(Polyunsaturated)
-  **BAD FAT** (Saturated)



Heart-Check certification does not apply to recipes unless expressly stated.



## Bean, Avocado and Pineapple Salad

### Bean, Avocado and Pineapple Salad **MAKES 4 SERVINGS**

#### INGREDIENTS

1 ea. **Avocado From Mexico**, diced  
1 c. Black beans, cooked and drained  
1 c. Pinto beans, cooked and drained  
1½ c. Pineapple, diced  
½ c. Red onion, diced  
½ c. Cilantro, chopped  
3 TB Lemon juice  
2 TB Extra virgin olive oil  
½ t. Ground cumin  
Optional salt and pepper

#### INSTRUCTIONS

1. In a large bowl, combine beans, pineapples, avocados, red onions, and cilantro.
2. Drizzle olive oil and lemon juice and sprinkle cumin. Toss gently until well combined. Season with salt and pepper as desired.
3. Cover and refrigerate for 1 hour before serving.



Nutrition Facts (Per serving = ½ cup) | Calories: 310, Total Fat: 15g (Sat. Fat: 2g), Cholesterol: 0mg, Sodium: 520mg, Total Carbohydrate: 41g, Dietary Fiber: 12g, Sugar: 16g, Protein: 8g



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# Avocado Chicken Waldorf Salad

## Avocado Chicken Waldorf Salad **MAKES 4 SERVINGS**

### INGREDIENTS

- 1 ea. **Avocado From Mexico**, diced
- ¼ c. Apple cider
- 2 TB Vegetable oil
- 1 TB Cider vinegar
- 1 t. Mustard
- 2 t. Sugar
- ½ t. Salt
- ¼ t. Pepper
- 1 c. Chicken, cooked and diced
- 1 ea. Large red apple, cored and diced
- 3 ea. Stalks celery, diced
- ½ c. Walnuts, toasted and roughly chopped
- ½ c. Golden raisins
- 8 ea. Romaine lettuce leaves

### INSTRUCTIONS

1. In a small bowl, whisk together cider, oil, vinegar, mustard, sugar, salt, and pepper until well combined.
2. In a medium bowl, combine apples, chicken, avocados, celery, walnuts, and raisins; toss gently with dressing.
3. Divide salad and spoon on top of romaine leaves.

### DIETITIAN'S TIPS

Skip the chicken and make this salad an easy vegetarian salad.

Nutrition Facts (Per serving = ¼ of recipe) | Calories: 400, Total Fat: 26g (Sat. Fat: 3g), Cholesterol: 30mg, Sodium: 370mg, Total Carbohydrate: 30g, Dietary Fiber: 7g, Sugar: 18g, Protein: 15g





## Tropical Chicken and Avocado Salad

### Tropical Chicken and Avocado Salad **MAKES 4 SERVINGS**

#### INGREDIENTS

1 ea. **Avocado From Mexico**, peeled, pitted and ¼-inch sliced  
⅓ c. Olive oil  
2 TB Lime juice  
1 ea. Lemon, juiced  
4 c. Mixed salad greens  
4 ea. Fresh pineapple, sliced  
8 oz. Chicken breast, grilled and sliced  
1 ea. Large tomato, cut into wedges  
½ c. Red onion, thinly sliced  
Optional salt and pepper

#### INSTRUCTIONS

1. In a small bowl, whisk olive oil, lime juice, salt, and pepper until well combined.
2. Divide the mixed salad greens among 4 individual serving dishes. Top each with pineapples, chicken, avocado, tomatoes, and onions; drizzle with dressing.



Nutrition Facts (Per serving = 204g) | Calories: 520, Total Fat: 28g (Sat. Fat: 4g), Cholesterol: 60mg, Sodium: 160mg, Total Carbohydrates: 54g, Dietary Fiber: 9g, Sugar: 36g, Protein: 22g





## Mexican Buddha Bowl

### Mexican Buddha Bowl **MAKES 2 SERVINGS**

#### INGREDIENTS

- 1 **Avocado From Mexico**, diced
- 1 c. Brown rice or quinoa, cooked
- 1 c. Reduced-sodium black beans, drained and rinsed
- 1 t. Olive oil
- ½ c. Red onion, diced
- 1 c. Corn, cooked
- 8 Cherry tomatoes, halved
- 1 c. Lettuce, shredded
- ½ c. Cilantro, chopped
- ½ c. Reduced-fat cheddar cheese
- 2 TB Sriracha or hot sauce as desired
- 1 Fresh lime, quartered

#### INSTRUCTIONS

1. In a small pot, add oil and diced onions. Cook for 1-2 minutes, until translucent. Add beans and cook for 3-5 minutes.
2. **To serve:** Create a section in the bowl for each ingredient. Start with the cooked rice. Then add the seasoned black beans and onions next to rice, followed by corn, avocados, tomatoes, cheese, and lettuce. Top with cilantro (and hot sauce, as desired). Serve with fresh lime slices.
3. **Serving suggestions:** Top with a drizzle of hot sauce; diced green chiles; or season with salt-free taco seasoning, as desired.

Nutrition Facts (Per serving = ½ of recipe) | Calories: 430, Total Fat: 10g (Sat. Fat: 4g), Cholesterol: 15mg, Sodium: 410mg, Total Carbohydrate: 67g, Dietary Fiber: 15g, Sugar: 4g, Protein: 20g



# Superfood Green and Blue Avocado Salad with Avocado Lime Vinaigrette

## Superfood Green and Blue Avocado Salad with Avocado Lime Vinaigrette **MAKES 4 SERVINGS**

### INGREDIENTS

#### Avocado Lime Vinaigrette

½ ea. **Avocado From Mexico**,  
pitted and peeled

¼ c. Mint leaves

3 TB Lime juice

2 TB Water

1 TB Honey

#### Salad

1 ea. **Avocado From Mexico**,  
peeled, pitted and diced

8 c. Kale

1 c. Blueberries

4 TB Almonds, sliced and toasted

4 TB Goat cheese, crumbled

### INSTRUCTIONS

1. In a blender, place the halved avocado, mint leaves, lime juice, water, and honey; blend until creamy.
2. Divide the kale among four individual serving dishes. Top each with blueberries, avocados, almonds, and goat cheese; drizzle with dressing.

### DIETITIAN'S TIPS

Avocados and almonds are  
a source of good fats.

Nutrition Facts (Per serving = ¼ of recipe) | Calories: 210, Total Fat: 13g  
(Sat. Fat: 2.5g), Cholesterol: 10mg, Sodium: 120mg, Total Carbohydrate: 22g,  
Dietary Fiber: 6g, Sugar: 8g, Protein: 13g





# Avocado, Jicama, Beet, Orange and Caramelized Pecan Salad

## Avocado, Jicama, Beet, Orange and Caramelized Pecan Salad **MAKES 6 SERVINGS**

### INGREDIENTS

**1 Avocado From Mexico**, halved, pitted, and cut into bite-sized pieces  
**4 TB** Red wine vinegar  
**1½ t.** Honey  
**1¼ t.** Kosher or coarse sea salt  
**½ t.** Freshly ground black pepper  
**5 TB** Extra virgin olive oil  
**3 TB** Vegetable oil  
**1** Medium jicama, peeled and cut into bite-sized pieces, about 1¼ lbs  
**3** lbs. Beets  
**3** Oranges, peeled, seeded and cut into bite-sized pieces, about 1½ lbs  
**1 c.** Candied maple or honey pecans, coarsely chopped

### INSTRUCTIONS

1. Cut off the green leaves and upper part of the stems from the beets, leaving about an inch on top. Place them in a pot covered with cold water, bring to a boil, lower the heat, cover, and cook until tender, about 30 to 35 minutes. Drain, let cool completely, peel and cut into bite-sized pieces.
2. Combine the vinegar, honey, salt and black pepper in a small mixing bowl. Using a whisk or a fork, slowly add the oils in a thin steady stream until emulsified and the vinaigrette thickens.
3. When ready to eat, place the avocado, jicama, oranges and beets in separate containers and toss each with a fourth of the vinaigrette. Arrange each ingredient in a stripped pattern on a large platter. Sprinkle candied pecans on top.

Nutrition Facts (Per serving = ½ cup) | Calories: 380, Total Fat: 25g, Cholesterol: 0mg,  
 Sodium: 390mg, Total Carbohydrate: 33g, Dietary Fiber: 9g, Sugar: 22g, Protein: 4g





## Quinoa Salad with Tomato and Avocado

### Quinoa Salad with Tomato and Avocado **MAKES 4 SERVINGS**

#### INGREDIENTS

**1 Avocado From Mexico**, cubed  
1 c. Quinoa, cooked  
1 c. Cherry tomatoes, halved  
¼ c. Parsley  
4 c. Baby spinach  
½ c. Red onion, diced  
2 t. Lemon juice  
2 TB Pecans, chopped  
Salt and pepper to taste

#### INSTRUCTIONS

1. Cook quinoa. In a small saucepan combine the quinoa and water. Bring to a boil, then cover and turn down to simmer until all the water has been absorbed, approximately 8-12 minutes.
2. Let the quinoa cool before making this salad.
3. Add all the ingredients to a bowl and toss well. Top with chopped nuts.

#### DIETITIAN'S TIPS

Add gluten-free whole grains like quinoa for additional fiber and protein.

Nutrition Facts (Per serving = ¾ of recipe) | Calories: 170, Total Fat: 9g (Sat. Fat: 1g), Cholesterol: 0mg, Sodium: 50mg, Total Carbohydrate: 20g, Dietary Fiber: 5g, Sugar: 3g, Protein: 6g



# Fruit Salad with Spinach, Kiwi, Strawberries and Pistachios

## Fruit Salad with Spinach, Kiwi, Strawberries and Pistachios **MAKES 8 SERVINGS**

### INGREDIENTS

- 2 ripe **Avocados From Mexico**, cubed
- 4 TB Olive oil
- 2 TB Granulated sugar
- $\frac{1}{4}$  t. Kosher salt
- 10 c. Fresh baby spinach, washed
- 1 Red apple (Fuji, Gala), julienned
- 2 Kiwi fruit, peeled and sliced
- 2 Oranges, peeled and segmented
- 2 c. Fresh strawberries, sliced
- 2 TB Pistachios, roasted and unsalted

### INSTRUCTIONS

1. Combine olive oil, sugar, salt and mix well. Set aside.
2. In a large bowl, combine avocado, spinach, apple, kiwi, orange and strawberries. Top with nuts and serve.

### DIETITIAN'S TIPS

Avocados add creamy deliciousness to fruit salads.

Nutrition Facts (Per serving =  $\frac{1}{2}$  cup) | Calories: 190, Total Fat: 10g, Cholesterol: 0mg, Sodium: 90mg, Total Carbohydrate: 23g, Dietary Fiber: 5g, Sugar: 13g, Protein: 4g

THE DIETITIAN RECOMMENDS

# Make Your Own Avocado Salad Dressing!

Making your own salad dressing with avocado is easy, delicious and nutritious! Homemade salad dressings are a great way to add a burst of fresh flavor.

## Avocado Ranch Dressing

**1 Avocado From Mexico**, cubed

$\frac{3}{4}$  c. Greek yogurt

1 TB Lemon juice

1 t. Apple cider vinegar

1 Clove of garlic, minced

$\frac{1}{4}$  t. ea. Dried parsley, dill, chives

Salt and pepper to taste

Place ingredients in a blender and pulse in short spurts until smooth. Add salt and black pepper, as desired. Add more vinegar (or a tablespoon of milk) to make easier to pour.



## Spicy Avocado Cilantro Vinaigrette

$\frac{1}{2}$  medium **Avocado From Mexico**, cubed

1½ t. Honey

4½ TB Extra virgin olive oil

4½ TB Water

1½ TB Lime juice

2¼ t. Shallots, minced

3 Garlic cloves, roasted and minced

$\frac{3}{4}$  c. Cilantro, fresh, chopped

$\frac{1}{2}$  ea. Jalapeño, seeded and diced

Place the avocado, honey, olive oil, water, and lime juice into a blender and pulse. Add the shallots, garlic, cilantro, and jalapeño and puree until smooth. Season to taste with salt and pepper, as desired. Refrigerate.

