Quinoa Salad with Tomato and Avocado MAKES 4 SERVINGS

INGREDIENTS
2 ripe Avocados From Mexico,

4 TB Olive oil

10 c. Fresh baby spinach, washed

2 c. Fresh strawberries, sliced

2 TB Granulated sugar ⅓ t. Kosher salt

1 Red apple (Fuji, Gala), julienned

2 Kiwi fruit, peeled and sliced

2 Oranges, peeled and segmented

2 TB Pistachios, roasted and unsalted

INSTRUCTIONS

2. In a large bowl, combine avocado, spinach, apple, kiwi, orange and strawberries. Top with nuts and serve.

1 Avocado From Mexico, Cl well. Set aside. 1 c. Quinoa, cooked

1 c. Cherry tomatoes, halved

Sodium: 50mg, Total Carbohydrate: 20g, Dietary Fiber: 5g, Sugar: 3g, Protein: 6g

Salt and pepper to taste

INSTRUCTIONS

boil, then cover and turn down to simmer until all the water has been absorbed,

3. Add all the ingredients to a bowl and toss well. Top with chopped nuts.

INGREDIENTS 1 Avocado From Mexico, halved, pitted

combine the quinoa and water. Bring

approximately 8-12 minutes.

2. Let the quinoa cool before making this salad.

3 lbs. Beets Add gluten-free whole grains

1 Medium jicama, peeled and cut into

and cut into bite-sized pieces

11/4 t. Kosher or coarse sea salt

¼ t. Freshly ground black peppe

4 TB Red wine vinegar

1½ t. Honey

bite-sized pieces, about 1½ lbs

AvocadoSaladCenter.com

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

INSTRUCTIONS

bring to a boil, lower the heat, cover, and cook until tender, about 30 to 35 minutes. Drain, let cool

5 TB Extra virgin olive oil **3** TB Vegetable oil

ike guinoa for additional fib

and protein.

bite-sized pieces, about 11/4 lbs DIETITIAN'S TIPS

Sprinkle candied pecans on top.

INGREDIENTS

Avocado Lime Vinaigrette ½ ea. Avocado From Mexico,

3 TB Lime juice completely, peel and cut into bite-sized pieces.

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.

4 TB Goat cheese, crumbled

pitted and peeled

¼ c. Mint leaves

blend until creamy.

INSTRUCTIONS

serving dishes. Top each with blueberries,

Salad 1 ea. Avocado From Mexico,

AvocadoSaladCenter.com

When ready to eat, place the avocado, jícama, oranges and beets in separate containers and toss **8** c. Kale

1. In a blender, place the halved avocado, mint leaves, lime juice, water, and honey;

DIETITIAN'S TIPS peeled, pitted and diced

c. Blueberries 4 TB Almonds, sliced and toasted

ingredient in a stripped pattern on a large platter.

INGREDIENTS INSTRUCTIONS

8 Cherry tomatoes, halved

1 c. Lettuce, shredded

⅓ c. Cilantro, chopped

. In a small pot, add oil and diced onions. Cook for 1-2 minutes, until translucent. Add 1 c. Brown rice or quinoa, cooked

1 c. Reduced-sodium black beans, 2. **To serve:** Create a section in the bowl drained and rinsed

■ ½ c. Red onion, diced

Avocados and almonds are

a source of good fats. 1 Fresh lime, quartered

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 210, Total Fat: 13g Nutrition Facts (Per serving = ½ of recipe) I Calories: 430, Total Fat: 10g (Sat. Fat: 4g), Cholesterol: 15mg, (Sat. Fat: 2.5g), Cholesterol: "Omg, Sodium: 120mg, Total Carbohydrate: 22g, Dietary Fiber: 6g, Sugar: 8g, Protein: 13g Sodium: 410mg, Total Carbohydrate: 67g, Dietary Fiber: 15g, Sugar: 4g, Protein: 20g

1/4 c. Apple cider 2 TB Vegetable oil

½ c. Walnuts, toasted and roughly chopped

DIETITIAN'S TIPS

. In a small bowl, whisk together cider, oil,

ea. Avocado From Mexico

INGREDIENTS

Nutrition Facts (Per serving = 1/4 of recipe) | Calories: 400, Total Fat: 26g (Sat. Fat: 3g), Cholesterol: 30mg, Sodium: 370mg, Total Carbohydrate: 30g, Dietary Fiber: 7g, Sugar: 18g, Protein: 15g

⅓ c. Golden raisins

8 ea. Romaine lettuce leaves

INSTRUCTIONS

vinegar, mustard, sugar, salt, and pepper until well combined.

2. In a medium bowl, combine apples, 1 TB Cider vinegar chicken, avocados, celerv, walnuts, and raisins; toss gently with dressing.

3. Divide salad and spoon on top of

romaine leaves. 1/4 t. Pepper

1 c. Chicken, cooked and diced

1 ea. Large red apple, cored and diced **3** ea. Stalks celery, diced

Avocado From Mexico.

Healthy Avocados

blender and pulse. Add the shal

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

Sensational Salads

Start with Heart

RECIPE BOOKLET AND

Avocados Mexico Mexico

DUCATION GUIDE

AvocadoSaladCenter.com AvocadoSaladCenter.co

4 c. Baby spinach

2 t. Lemon juice

½ c. Red onion, diced

2 TB Pecans, chopped

Nutrition Facts (Per serving = ½ cup) I Calories: 190, Total Fat: 10g, Cholesterol: 0mg,

Sodium: 90mg, Total Carbohydrate: 23g, Dietary Fiber: 5g, Sugar: 13g, Protein: 4g

AvocadoSaladCenter.com

beans and cook for 3-5 minutes.

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.

AvocadoSaladCenter.com

AvocadoSaladCenter.com

with salt and pepper, as c

more at AvocadoSaladCenter.com

