

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
- ½ 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 = ½ cup) | Calories: 190, Total Fat: 10g, Cholesterol: 0mg, Sodium: 90mg, Total Carbohydrate: 23g, Dietary Fiber: 5g, Sugar: 13g, Protein: 4g

AvocadoSaladCenter.com

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

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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

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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**, 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

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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

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Tropical Chicken And Avocado Salad MAKES 4 SERVINGS

INGREDIENTS

- 1 ea. **Avocado From Mexico**, peeled, pitted and ¼-inch sliced
- ½ 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.

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

AvocadoSaladCenter.com

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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Spicy Avocado Cilantro Vinaigrette

- ½ 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
- ¾ c. Cilantro, fresh, chopped
- ½ ea. Jalapeño, seeded and diced

INSTRUCTIONS

- 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.

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Sensational Salads

Start with Heart Healthy Avocados

RECIPE BOOKLET AND EDUCATION GUIDE



◆◆ 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

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!
- CHOOSE MORE GOOD FATS**—monounsaturated (MUFA) and polyunsaturated fats (PUFA).
- LIMIT THE INTAKE OF "BAD" FATS**—saturated and trans fats.

FAT BREAKDOWN

1 serving = 1/2 medium avocado (50g) contains 80 calories and 8 grams of total fat



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

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
- 3/4 c. Greek yogurt
- 1 TB Lemon juice
- 1 t. Apple cider vinegar
- 1 Clove of garlic, minced
- 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.



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

Bean, Avocado and Pineapple Salad



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Avocado Chicken Waldorf Salad



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Tropical Chicken and Avocado Salad



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Mexican Buddha Bowl



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Superfood Green and Blue Avocado Salad with Avocado Lime Vinaigrette



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Avocado, Jicama, Beet, Orange and Caramelized Pecan Salad



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Quinoa Salad with Tomato and Avocado



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Fruit Salad with Spinach, Kiwi, Strawberries and Pistachios

TAB OVERLAP DOES NOT PRINT

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>.