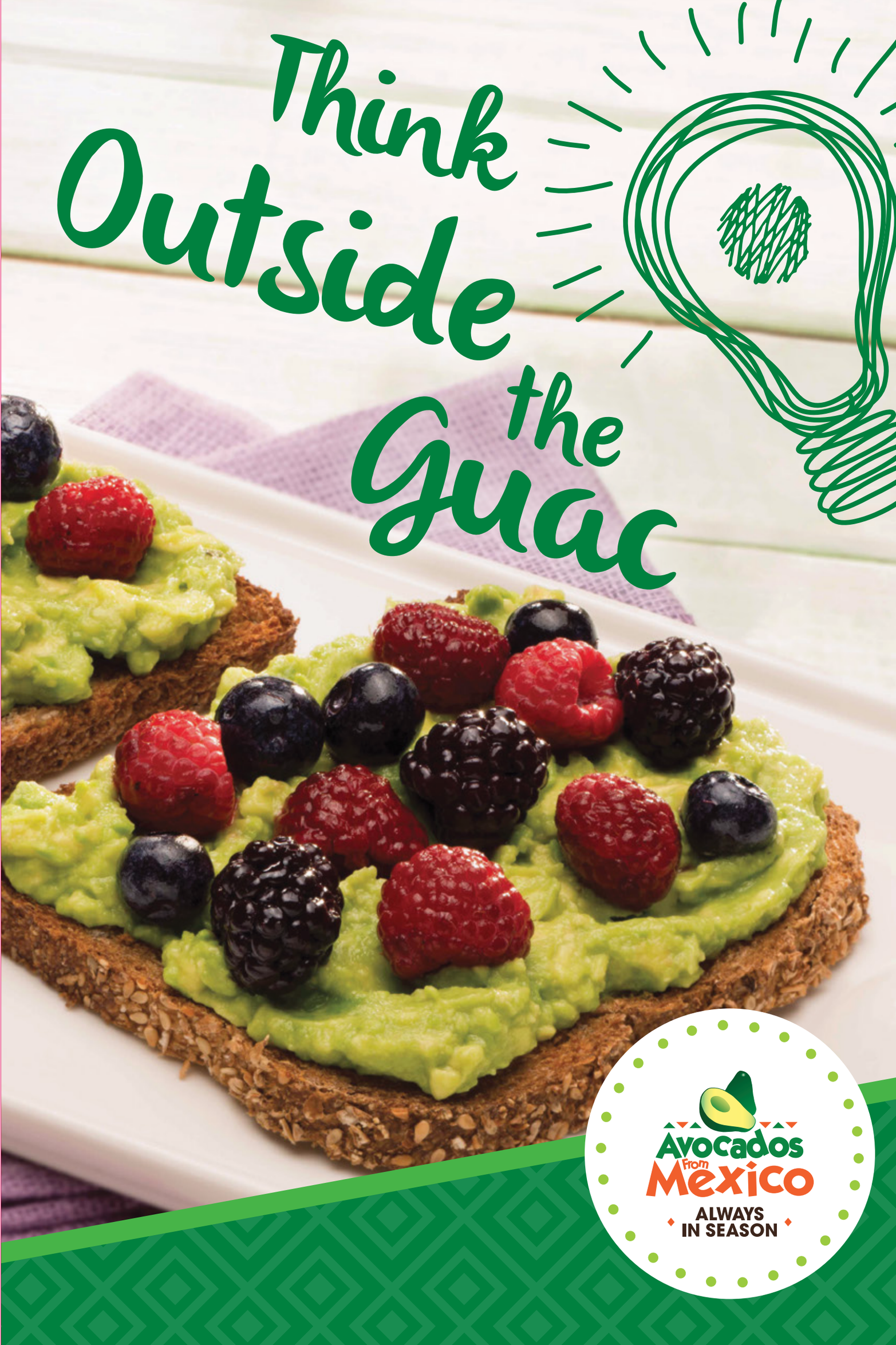

Think
Outside
the
Guac
Avocados
From
Mexico
ALWAYS
IN SEASON

AVO TOAST RECIPES

AVOCADO TOAST WITH SCALLION, SESAME AND CHILI GARNISH

Avocados From Mexico

SERVES: 2

INGREDIENTS

- 2-4 bread slices toasted
- 1 ripe avocado halved, pitted, meat scooped out and sliced
- 1 teaspoon vegetable oil
- 6 scallions thinly sliced, white and green parts only
- 1 jalapeño chopped
- 1 teaspoon sesame seeds
- 1 tablespoon lime juice freshly squeezed
- kosher or sea salt to taste

Nutrition Facts

Serving Size (196g)
Servings Per Container

Amount Per Serving

Calories 330	Calories from Fat 150
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 370mg	**15%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 6g	**24%**
Sugars 5g	
Protein 10g	

Vitamin A 10% • Vitamin C 40%
Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS

1. Heat the oil in a small skillet over medium heat. Once hot, add the scallions and jalapeño and cook for a couple minutes until competely wilted.
2. Sprinkle the sesame seeds into the skillet and cook for another minute, until lightly toasted. Add the lime juice and season with salt to taste, stir, turn off heat.
3. Add 3 to 4 slices of avocado to each piece of toast and mash gently with a fork. Top with the scallion, sesame and chile garnish.

AVO TOAST RECIPES

AVOCADO EGG TOAST

Avocados From Mexico

SERVES: 1

INGREDIENTS

- 1 slice of whole grain bread toasted, artisan style
- ½ Avocado From Mexico mashed
- Cooking spray
- 1 large egg Kosher
- salt & freshly ground pepper

Nutrition Facts

1 each servings per container
Serving size **1 Slice (155g)**

Amount per serving	
Calories	**280**
	% Daily Value*
Total Fat 18g	**23%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 215mg	**72%**
Sodium 160mg	**7%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 1mcg	6%
Calcium 145mg	10%
Iron 3mg	15%
Potassium 410mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. Mash avocado in a small bowl and season with salt and pepper.
2. Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into it, cook egg over-easy so yolk is still soft.
3. Place mashed avocado over toast, top with egg, salt and pepper to taste.

AVO TOAST RECIPES

AVOCADO TOAST WITH CHEESE RECIPE

Avocados From Mexico

SERVES: 2

INGREDIENTS

- 4 slices of whole grain bread
- 1 Avocado From Mexico halved, pitted, peeled, cut in four
- Seasoning to taste
- 1 oz cheese shredded

Nutrition Facts

2 servings per container
Serving size **2 slices (175g)**

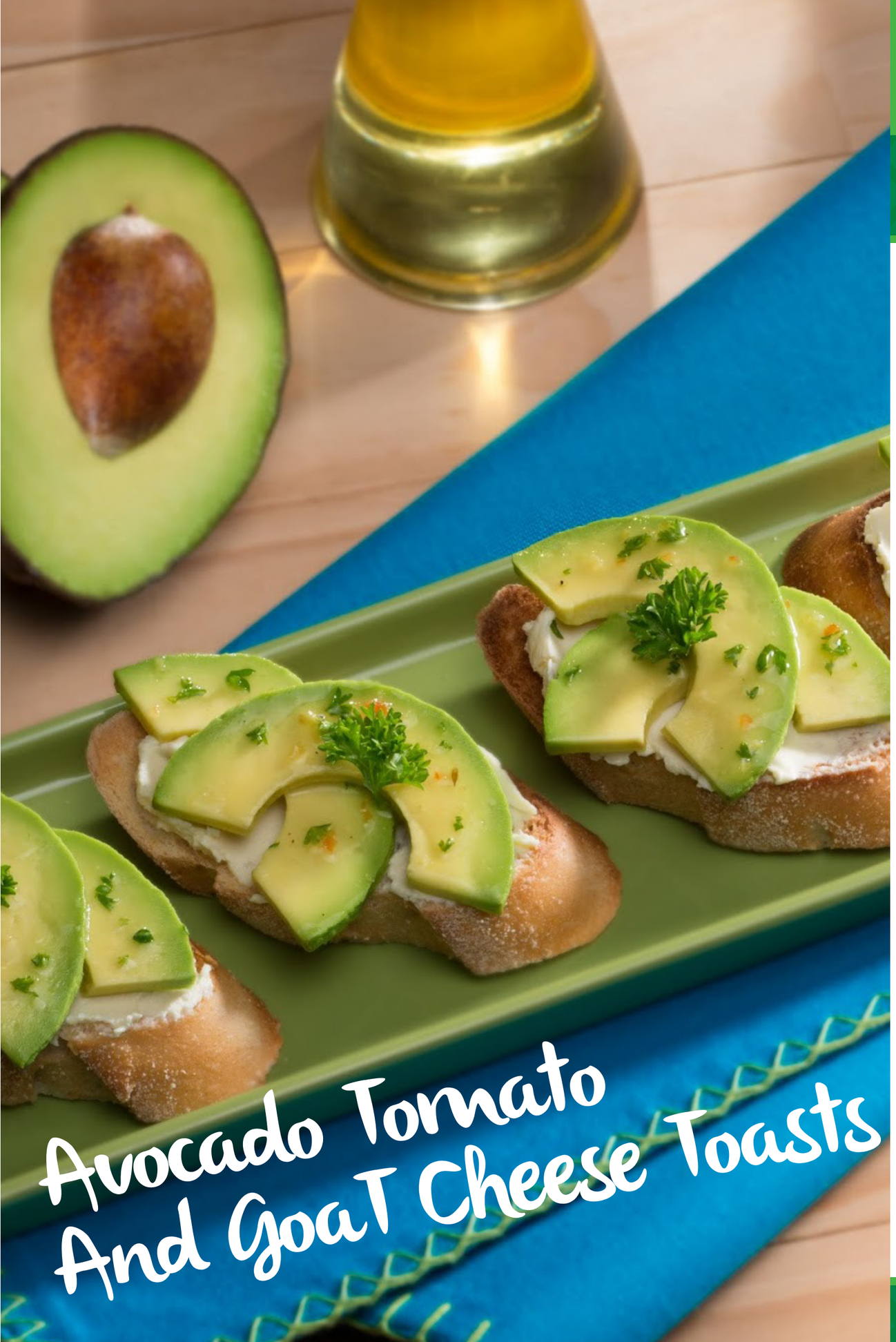
Amount per serving
Calories **380**

	% Daily Value*
Total Fat 18g	**23%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 490mg	**21%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 2g	**7%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 16g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium 350mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. Toast the bread.
2. With a fork, smear 1/4 of the avocado on each toast
3. Season to taste, and top with your favorite shredded cheese.



AVO TOAST RECIPES

AVOCADO, TOMATO AND GOAT CHEESE TOASTS

Avocados From Mexico

SERVES: 16

INGREDIENTS

- 1 Avocado From Mexico halved pitted, peeled and thinly sliced
- 1 large Tomato Chopped
- 3 ounces tbsp Prepared citrus dressing or Vinaigrette dressing. From 8 bottle
- 1 package Prepared goat cheese (about 4 oz) or cream cheese about 4 oz
- 16 slices French Italian bread
- ½ -in thick and toasted

Nutrition Facts

16 servings per container

Serving size **1/16 slice of bread (85g)**

Amount per serving

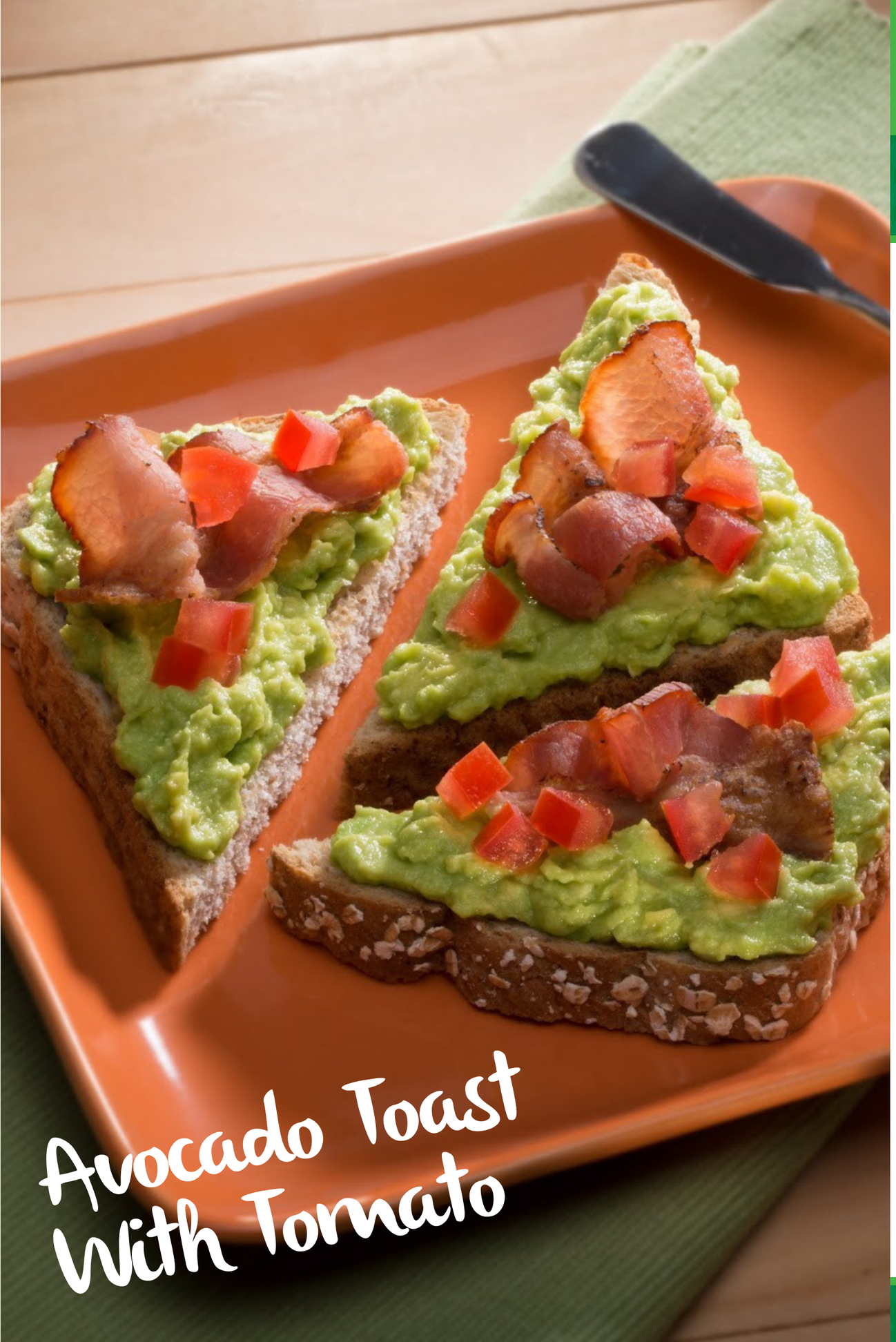
Calories **170**

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 370mg	16%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 71mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. In a pie plate, gently toss avocado and tomato with dressing (avocado and tomato can be prepared up to six hours before serving).
2. At serving time, spread about 2 teaspoons cheese on each toast slice.
3. On each toast, place an avocado slice on one side and diced tomato on the other.
4. Repeat with remaining toast, avocado and tomato.
5. Sprinkle with chopped cilantro, chives, green onion and ground pepper, if desired



AVO TOAST RECIPES

AVOCADO TOAST WITH TOMATO

Avocados From Mexico

SERVES: 2

INGREDIENTS

- 1 Avocado From Mexico halved pitted, and peeled
- salt to taste
- ground black pepper to taste
- 2 slices large breadtoasted
- 2 slices baconcooked and halved
- 2 tbsp Tomato Chopped

Nutrition Facts

2 servings per container
Serving size **1 slice (118g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 220mg	**10%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	10%
Potassium 437mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. In a bowl, coarsely mash avocado with a fork; season with salt and pepper to taste.
2. Divide avocado onto toast and spread to cover; cut each slice in half.
3. If using, tuck a piece of bacon into avocado on each toast half or sprinkle tomato over top and serve.

AVO TOAST RECIPES

AVOCADO TOAST WITH SAVORY SEEDS CRUNCH

Avocados From Mexico

SERVES: 2

INGREDIENTS

- 2 -4 slices bread of your choice toasted
- 1 Avocado From Mexico halved, pitted, meat scooped out and sliced
- 2 teaspoons safflower or canola oil
- ¼ cup thinly sliced shallots
- 1 fresh jalapeño or serrano chile finely chopped, or to taste, seeding optional
- ¼ teaspoon kosher or sea salt or to taste
- ½ cup coarsely chopped walnuts
- ¼ cup hulled raw pumpkin seeds
- ¼ cup Sunflower seeds
- 1 tablespoon freshly squeezed limejuice
- 2 tablespoons chopped cilantro leaves and upper part of stems as optional garnish

Nutrition Facts

Serving Size (134g)
Servings Per Container

Amount Per Serving	
Calories 400	Calories from Fat 250
	% Daily Value*
Total Fat 28g	**43%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 590mg	**25%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugars 5g	
Protein 13g	

Vitamin A 2% • Vitamin C 15%
Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS

1. Heat the oil in a small skillet over medium heat. Once hot, add the shallots and jalapeño and cook for 2 to 3 minutes, until completely wilted. Add salt and mix well.
2. Make room in the center of the skillet and add the walnuts, pumpkin and sunflower seeds let them cook for 30 seconds without stirring, then stir into the shallots and chile mix and cook for another 2 minutes. The walnuts and seeds should be lightly toasted. Turn off the heat. Drizzle the freshly squeezed lime juice and mix.
3. Scrape onto a bowl. Taste for salt and add more if need be.
4. Add 3 to 4 slices of avocado to each piece of toast, mash gently with a fork if desired. Top with the crunchy mix.


Avocados From Mexico
ALWAYS IN SEASON