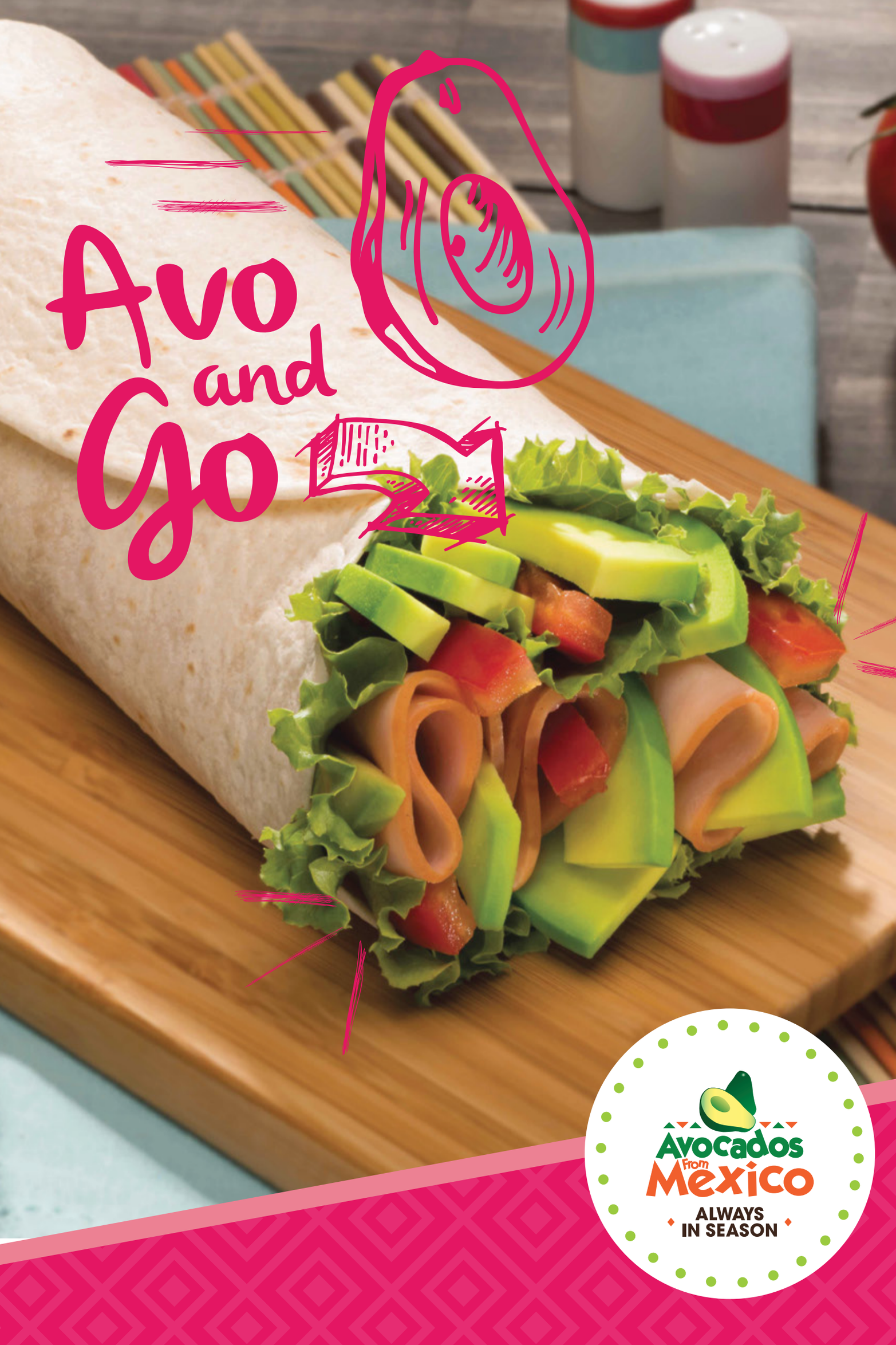

Avo and Go
Avocados From Mexico
ALWAYS IN SEASON

HANDHELDS RECIPES

GRILLED FISH TACOS WITH AVOCADO PICO DE GALLO

Avocados From Mexico

SERVES: 4

INGREDIENTS

- ¼ tsp ground red pepper
- 1 tsp dried oregano
- 1½ tsp salt
- 1 lbs Mild firm white fish cut into
- 1x3-inch strips such as tilapia or catfish
- 2 tbsp olive or vegetable oil
- ¼ cup white onion finely chopped
- ¼ cup Fresh cilantro springs and leaves finely chopped
- 3 cups Romaine lettuce Shredded
- 2 cup red cabbage Shredded
- 1 lime juiced
- 1 medium Jalapeño or small Serrano Finely chopped
- 2 medium tomatoes diced
- 2 Ripe Avocados From Mexico Diced
- 8 flour tortillas Warmed 7-in

Nutrition Facts

4 servings per container
Serving size (446g)

Amount per serving
Calories 580

	% Daily Value*
Total Fat 27g	35%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 950mg	41%
Total Carbohydrate 49g	18%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 4mcg	20%
Calcium 65mg	6%
Iron 3mg	15%
Potassium 1221mg	25%

*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 shallow bowl, combine oregano, 1/2 teaspoon of the salt, red pepper and 1 tablespoon of the oil; coat fish with seasoning mixture.
2. In large grill-pan or skillet, heat remaining 1 tablespoon oil over medium heat; grill fish, turning once, until cooked through, 6 to 8 minutes.
3. To serve: Place warm tortillas on flat surface.
4. Place on half of each tortilla lettuce/cabbage mixture and fish, dividing equally; top with avocado pico de gallo.
5. Fold tortilla in half over the filling. Serve immediately.
6. To Heat Tortillas: Place tortillas on a plate, cover with a dampened paper towel; microwave on high until warm, about 1 minute. Discard paper towel; wrap tortillas in a cloth napkin to keep warm.
7. To Prepare Avocado Pico de Gallo: Toss the diced avocados, diced tomatoes, onion, cilantro and jalapeño together in a mixing bowl.
8. Add salt and lime juice.
9. Let sit for a few minutes.
10. The salsa can be made and refrigerated for up to 1-2 hours. Gently stir before serving.

HANDHELDS RECIPES

GUACAMOLE BURGERS

Avocados From Mexico

SERVES: 4

INGREDIENTS

- 2 Avocados from Mexico halved pitted, peeled and mashed
- 1 small Red ripe tomato Diced
- ½ cup Cilantro leaves Chopped
- ¼ tsp salt 1 lime juiced
- 1 Jalapeño Stem and seeds removed finely diced (optional)
- 2 lbs ground sirloin Formed into four patties
- 1 tsp steak seasoning
- 4 hamburger buns
- 4 Slices cheddar cheese Green leaf lettuce
- 2 Red tomatoes Sliced
- 1 small Onion Peeled thinly sliced

Nutrition Facts

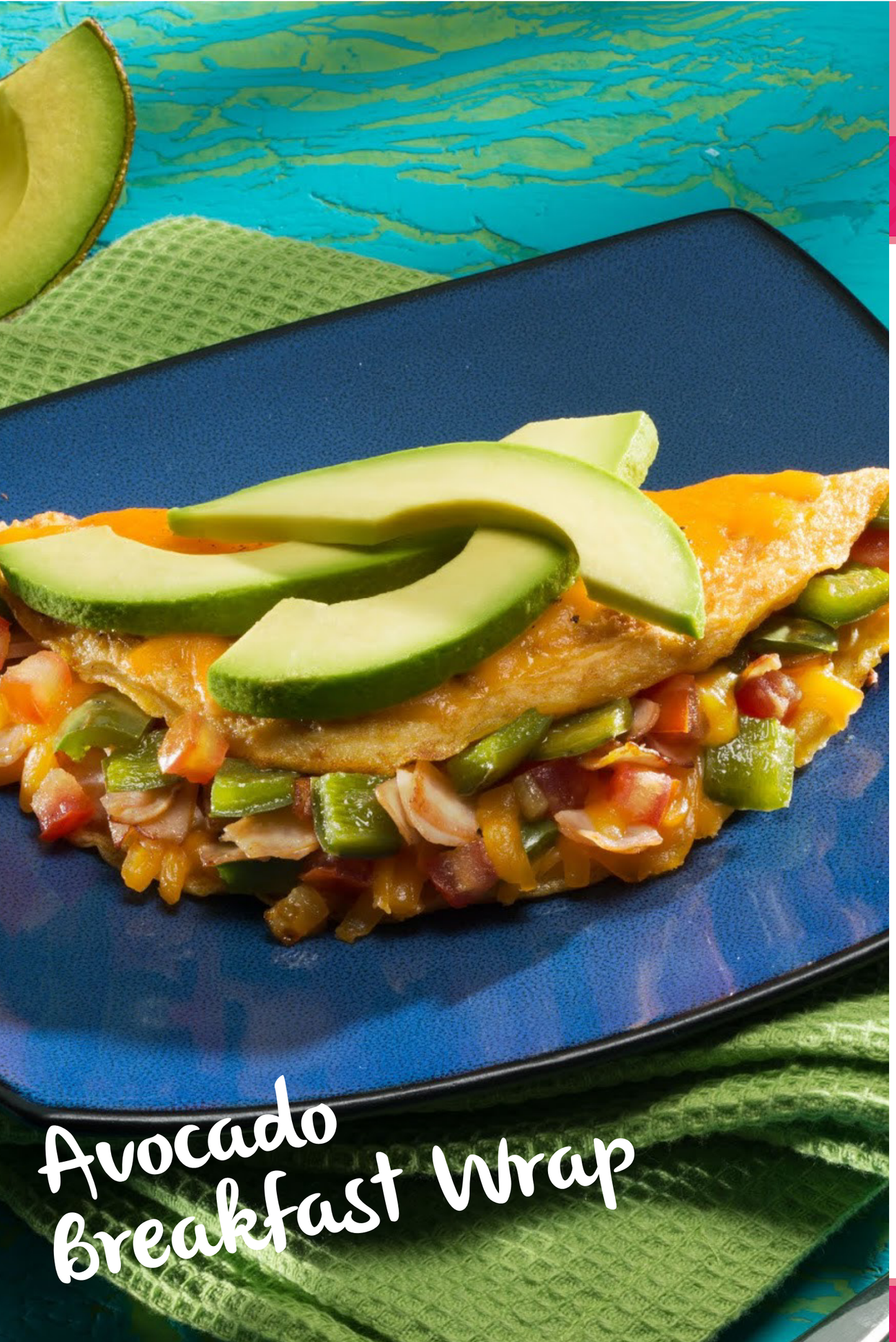
4 servings per container
Serving size **1 Burger (532g)**

Amount per serving	
Calories	**660**
	% Daily Value*
Total Fat 31g	**40%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 140mg	**47%**
Sodium 910mg	**40%**
Total Carbohydrate 45g	**16%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 60g	
Vitamin D 0mcg	0%
Calcium 272mg	20%
Iron 7mg	40%
Potassium 649mg	15%

*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. Prepare the guacamole: In a medium mixing bowl, combine the avocado, tomato, cilantro, lime juice, salt and jalapeño. Stir to combine and then set aside while preparing the burgers.
2. Prepare the burgers: Season each patty with steak seasoning on both sides before cooking. You can use a skillet, grill pan, or a grill over high heat to cook your burgers to desired degree of doneness.
3. When the burgers are almost finished cooking, toast the buns in a toaster oven, a dry skillet, or on the grill. Assemble the burgers by layering the bottom half of each bun with leaves of lettuce, a burger patty, a slice of cheese, slices of onion, and slices of tomato.
4. Top with a generous scoop of guacamole, and cover with bun.



HANDHELDS RECIPES

AVOCADO BREAKFAST WRAP

Avocados From Mexico

SERVES: 4

INGREDIENTS

- 6 large eggs
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 tbsp butter
- 4 flour tortillas Warmed
- 8-in 4 slices ham about 4 oz
- 4 slices sharp cheddar cheese about 4 oz
- 1 Avocado From Mexico halved pitted, peeled and sliced
- ¼ cup salsa

Nutrition Facts

4 servings per container
Serving size **1 Wrap (212g)**

Amount per serving
Calories **420**

	% Daily Value*
Total Fat 26g	33%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 370mg	123%
Sodium 1510mg	66%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 139mg	10%
Iron 2mg	10%
Potassium 456mg	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 bowl, beat eggs with salt and pepper.
2. In large skillet over medium heat, melt butter; add eggs; cook and stir until set.
3. On each tortilla place one slice each of ham and cheese; top with eggs, avocado slices and salsa, dividing evenly.
4. Roll up and serve immediately.
5. *To Warm Tortillas: Place tortillas on a plate; cover with a dampened paper towel.
6. Microwave on high until warm, about 1 minute.
7. Discard paper towel; wrap tortillas in cloth napkin to keep warm.

HANDHELDS RECIPES

CRANBERRY TURKEY AVOCADO WRAP RECIPE

Avocados From Mexico

SERVES: 2

INGREDIENTS

- 6 ounces turkey thinly sliced
- 2 Tb dijon mustard
- 1 cup Avocados From Mexico thinly sliced
- 1 Pita wrap
- lettuce to taste
- tomato sliced, to taste
- ¼ cup cranberry sauce

Nutrition Facts

2 servings per container
Serving size (228g)

Amount per serving
Calories 380

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 350mg	15%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 595mg	15%

*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. Slice up the avocados and place on turkey.
2. Slather on mayo and place on pita wrap.
3. Add lettuce and tomato, wrap it up and enjoy.

HANDHELDS RECIPES

PORTABELLA BURGERS WITH AVOCADO SPREAD

Avocados From Mexico

SERVES: 4

INGREDIENTS

- 4 ounces medium-sized portabella mushrooms stems removed, about 4 each
- 3 tablespoons extra virgin olive oil divided
- ¾ teaspoon salt divided
- ½ teaspoon ground black pepper divided
- 1 medium onion chopped
- 1 medium fully ripened Avocado From Mexico halved, pitted and sliced
- 2 tablespoons low fat plain yogurt
- ½ teaspoons minced garlic
- 4 whole-grain hamburger buns toasted
- 4 jarred roasted red peppers drained and chopped

Nutrition Facts

Serving Size (327g)
Servings Per Container

Amount Per Serving	
Calories 350	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 950mg	**40%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 6g	**24%**
Sugars 10g	
Protein 9g	

Vitamin A 70% • Vitamin C 90%
Calcium 15% • Iron 15%

*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. Brush mushrooms with oil, using 1 tablespoon. Season with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper.
2. Heat large skillet over medium heat until hot. Add mushrooms, cavity side down, and cook for 4 minutes. Turn and cook mushrooms until tender, 4 to 5 minutes. Transfer mushrooms to plate, cavity side up. Cover plate loosely with foil to keep warm.
3. Heat remaining oil in skillet over medium-high heat. Add onions, and cook until golden, stirring occasionally, about 8 minutes.
4. Meanwhile, in small bowl, mash half of the Avocado with the yogurt, garlic and remaining 1/4 teaspoons of salt and pepper with a fork until smooth.
5. To serve, spread bottom of each bun with Avocado mixture. Place a mushroom on each bun. Spoon onions and roasted peppers into mushroom cavities, dividing them equally. Top with remaining sliced Avocado. Cover with bun tops.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