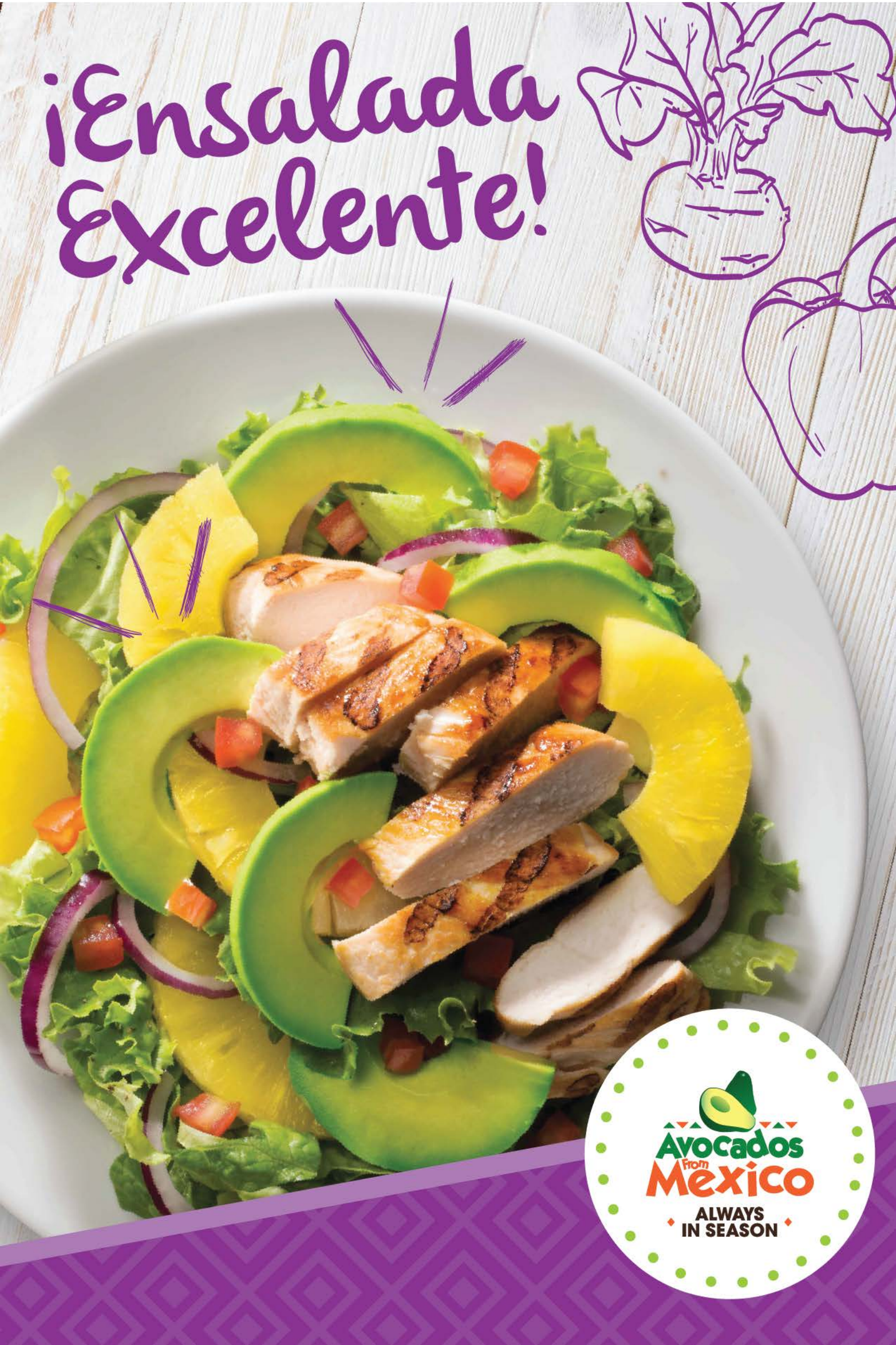
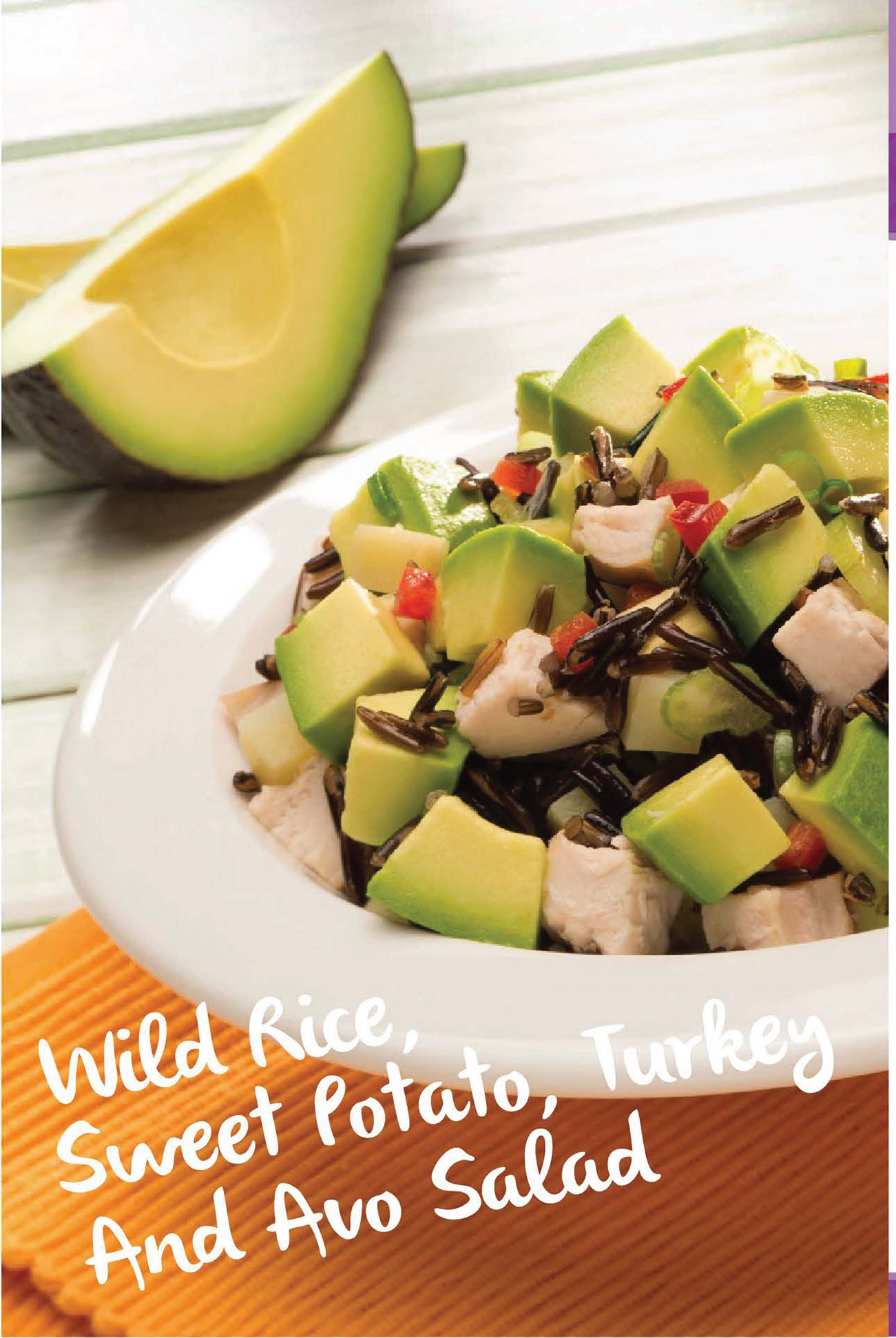
¡Ensalada Excelente!



Avocados From Mexico

ALWAYS IN SEASON



SALAD RECIPES

WILD RICE, SWEET POTATO, TURKEY AND AVO SALAD

Avocados From Mexico

SERVES: 4-6

INGREDIENTS

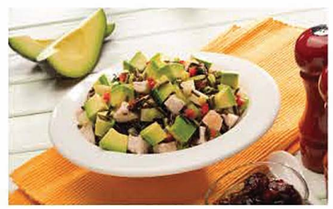
- 1 cup wild rice rinsed
- 1 large sweet potato peeled, diced,
- 1 pound ¼ cup dried cranberries
- 2 cups cooked turkey meat diced
- 1 Avocado From Mexico halved, pitted, meat scooped out and diced
- ½ cup red bell pepper finely chopped
- ½ cup celery finely chopped
- 6 scallions white and light green parts thinly sliced
- 2 tablespoons sherry vinegar
- 2 tablespoons vegetable oil
- 2 tablespoons extra virgin olive oil
- 1 teaspoon kosher or sea salt
- freshly ground black pepper

Nutrition Facts

Serving size	(166.03g)
Amount Per Serving	
Calories	340
	% Daily Value*
Total Fat 128g	**164%**
Saturated Fat 15.79g	**79%**
Trans Fat 0.13g	
Polyunsaturated Fat 3.82g	
Monounsaturated Fat 4.96g	
Cholesterol 35mg	**12%**
Sodium 490mg	**21%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Sugar Alcohol 0g	
Protein 19g	**39%**
Vitamin D 0.934mcg	4%
Calcium 314mg	25%
Iron 0.2574mg	2%
Potassium 22637mg	480%

*The % Daily Value (DV) 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

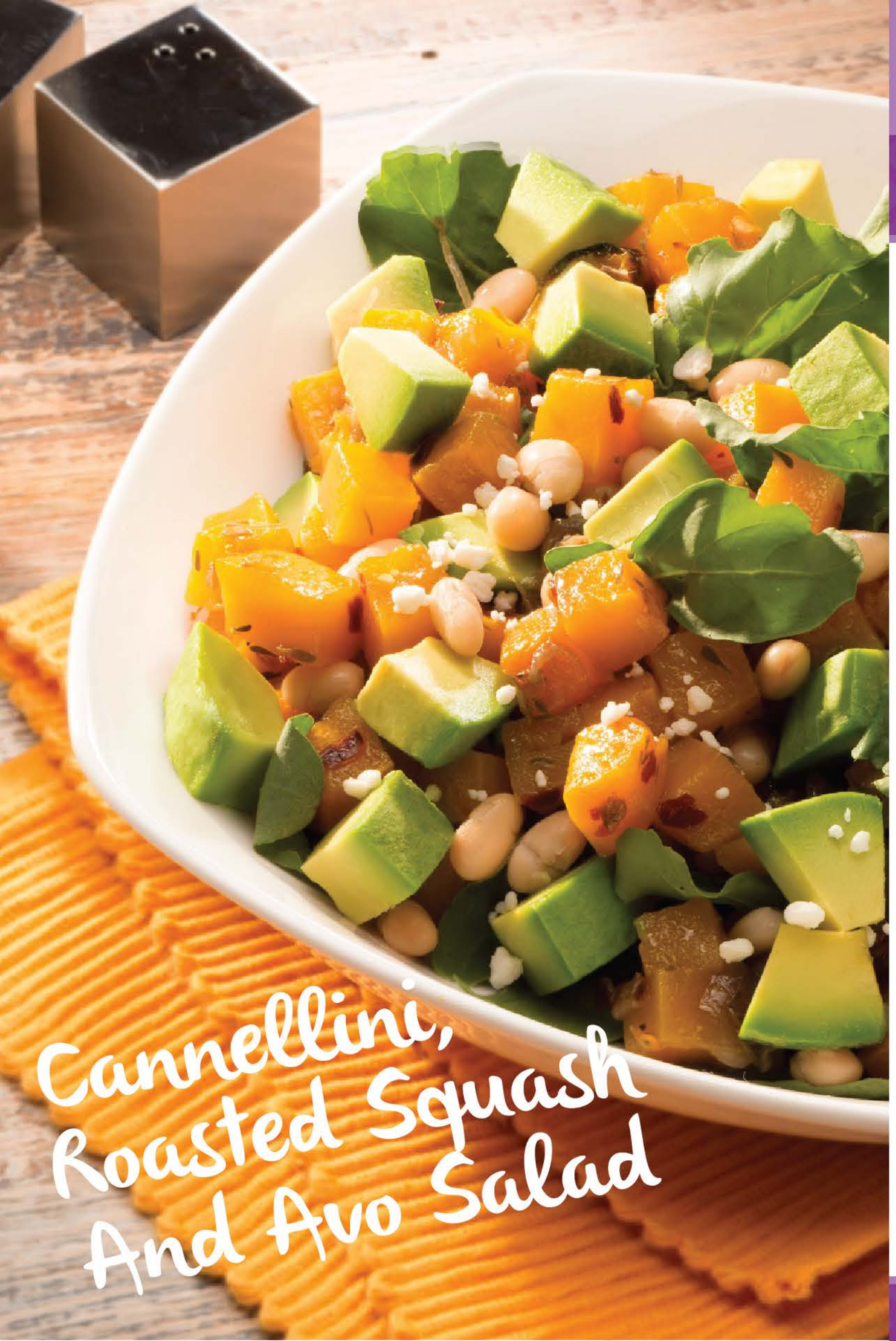


1. In a saucepan, bring 4 cups salted water to a boil. Add rice, stir, cover, bring to a boil again, cover and reduce heat to low. Cook for 25 to 30 minutes or until tender and grains barely starting to open. Drain, rinse with cold water, drain. Set aside.

2. In same saucepan, bring water to a boil over medium-high heat, add diced sweet potato and cook until soft and tender, about 10 to 12 minutes.

3. Incorporate the cranberries and let them sit in the vinaigrette, while you assemble the rest of the ingredients. Add the rice, sweet potato, turkey, avocado, red bell pepper, celery and half the scallions and toss well. Taste for salt, add more if need be. Garnish with rest of the scallions and serve.

4. Meanwhile, in a large mixing bowl, whisk the sherry vinegar with the oils, salt and pepper.



SALAD RECIPES

CANNELLINI, ROASTED SQUASH AND AVO SALAD

Avocados From Mexico

SERVES: 4-6

INGREDIENTS

- ½ cup shallots thinly sliced
- ½ cup olive oil divided
- 1 teaspoon dried rosemary crushed
- 1 teaspoon red pepper flakes
- 1 teaspoon kosher or coarse sea salt divided
- 1 tablespoon lime juice freshly squeezed
- 1 tablespoon red wine vinegar
- ½ teaspoon Dijon mustard freshly ground black pepper to taste
- 1 can (15.5 oz) cannellini beans rinsed and drained
- 3 cups arugula drained and thickly sliced
- 1 Avocado From Mexico halved, pitted and diced
- 4 ounces goat cheese crumbled ½ cup
- 1 lb Squash

Nutrition Facts

6 servings servings per container
Serving size **(236g)**

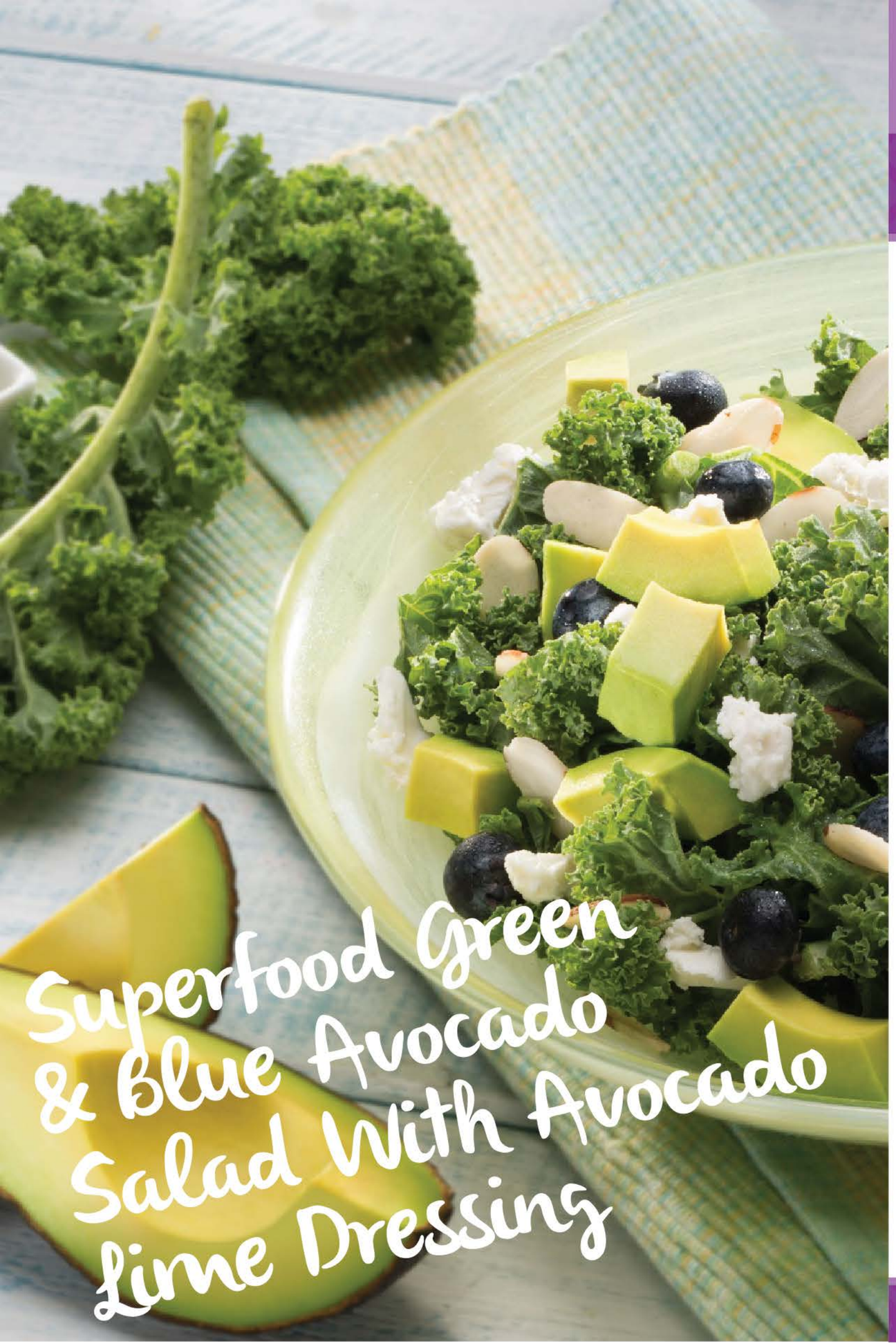
Amount per serving
Calories **350**

	% Daily Value*
Total Fat 25g	**32%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 500mg	**22%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 9g	**32%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 2mg	10%
Potassium 440mg	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. Preheat oven to 400 degrees Fahrenheit.
2. On a small baking sheet, spread the diced butternut squash and the shallots in a single layer.
3. Drizzle with 1/4 cup of olive oil, all the rosemary and red pepper flakes, and 1/2 teaspoon of salt. Toss well and bake for 25 to 30 minutes, until cooked through and squash is caramelized around edges. Remove from heat.
4. In a small bowl, mix the lime juice, red wine vinegar, remaining 1/4 cup olive oil, mustard, remaining 1/2 teaspoon salt and black pepper. Whisk until combined. Incorporate cannellini beans and arugula. Toss well.
5. Mix in the avocado and butternut squash mix. Scrape into a serving bowl or platter, sprinkle with goat cheese and serve.



SALAD RECIPES

SUPERFOOD GREEN & BLUE AVOCADO SALAD WITH AVOCADO LIME DRESSING

Avocados From Mexico

SERVES: 4-6

INGREDIENTS

- 8 cups baby spinach kale or mixed greens (herb salad)
- 1½ medium Avocados From Mexico
- 1 for salad and ½ for dressing
- 1 cup blueberries
- 4 tbsp sliced almonds toasted
- 4 crumbled goat cheese

For Avocado Lime Dressing:

- ½ medium Avocados From Mexico
- 1 Tbsp honey
- 3 Tbsp lime juice
- ¼ cup fresh mint leaves
- 2 Tbsp water

Nutrition Facts

4 servings per container
Serving size **2 Cups (245g)**

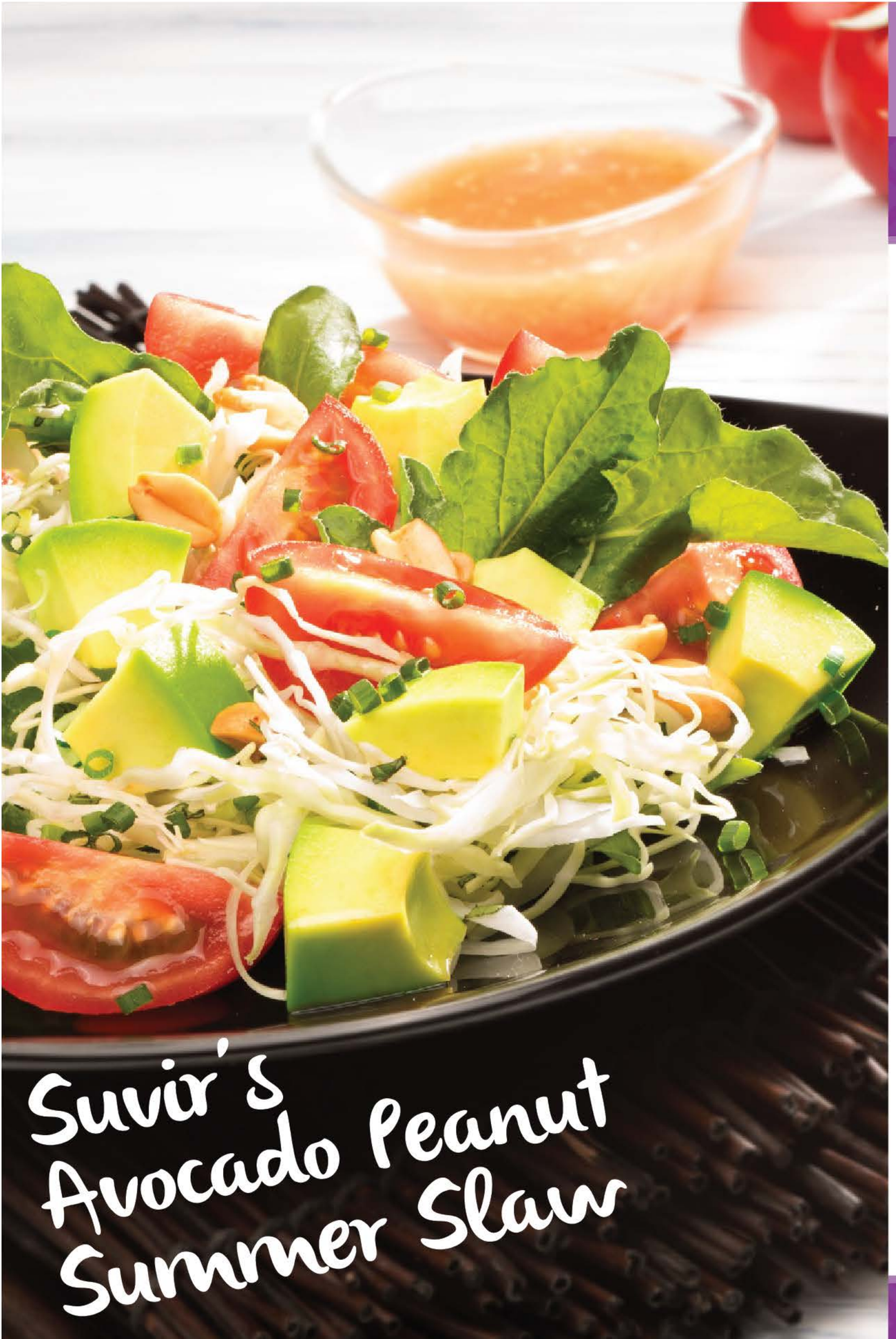
Amount per serving
Calories **210**

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 120mg	**5%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 6g	**21%**
Total Sugars 8g	
Includes 4g Added Sugars	**8%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 5mg	30%
Potassium 358mg	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. Divide the baby spinach and kale salad blend between two large bowls.
2. Top each bowl with slices of 1 avocado, blueberries, almonds and goat cheese.
3. To prepare the dressing: Combine all the dressing ingredients in the blender. Blend until smooth and creamy.



SALAD RECIPES

SUVIR'S AVOCADO PEANUT SUMMER SLAW

Avocados From Mexico

SERVES: 4-6

INGREDIENTS

- ¾ inch piece ginger peeled and grated
- Juice of ½ lime
- 1 teaspoons ½citrus vinegar or white wine vinegar
- 1 tablespoon sugar
- 2 teaspoons sriracha hot sauce
- ¾ teaspoon chaat masala
- ¼ teaspoon ground cumin Pinch cayenne pepper
- 2 teaspoons kosher salt
- ¼ teaspoon freshly ground pepper
- 9 scallions thinly sliced
- 1 jalapeño pepper seeded and deveined for less heat, finely chopped
- 1 pint cherry or grape tomatoes halved
- ¼ cup finely chopped cilantro
- 1 tablespoon finely chopped fresh mint
- ¼ head green cabbage halved, cored, and finely sliced
- 1 cup baby arugula
- 4 medium fully ripened Avocado From Mexico halved, pitted, peeled and diced
- 1 cup roasted peanuts chopped

DIRECTIONS

1. In a large bowl, whisk together the ginger, lime juice, vinegar, sriracha, sugar, chaat masala, cumin, cayenne pepper, salt and peppercorns. Add the scallions, jalapeno, tomatoes, cilantro, and mint, and toss to combine.
2. Add the cabbage, arugula, and Avocado, and toss with your hands, making sure to coat the ingredients thoroughly.
3. Sprinkle on the peanuts, and serve immediately. Or cover with plastic wrap and refrigerate for up to 4 hours, then sprinkle with peanuts just before serving.
4. Recipe courtesy of Suvir Saran.

Nutrition Facts

Serving Size (205g)
Servings Per Container

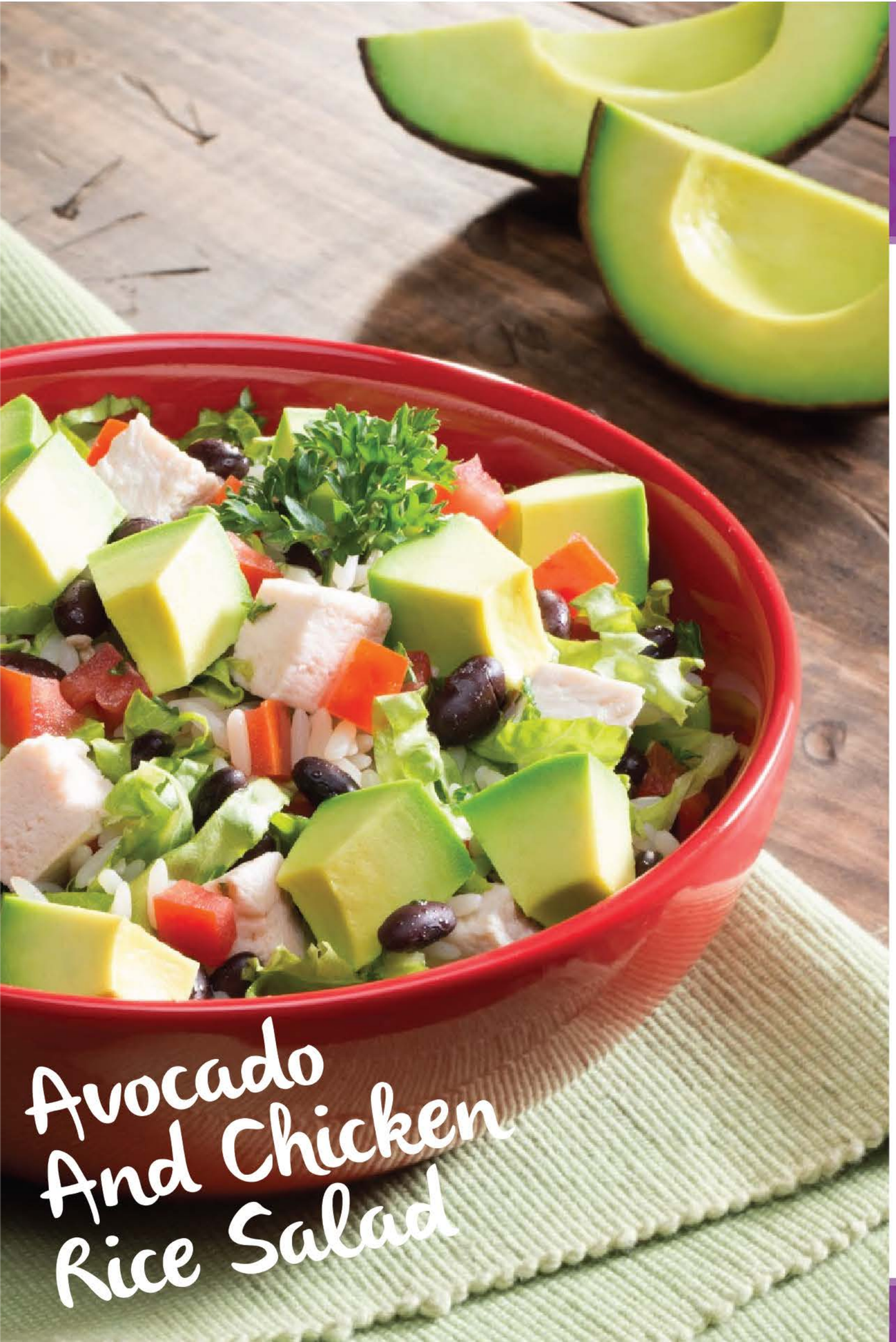
Amount Per Serving	
Calories 330	Calories from Fat 230
	% Daily Value*
Total Fat 26g	**40%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 620mg	**26%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 6g	**24%**
Sugars 5g	
Protein 12g	

Vitamin A 15% • Vitamin C 60%
Calcium 6% • Iron 10%

*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



SALAD RECIPES

AVOCADO AND CHICKEN RICE SALAD

Avocados From Mexico

SERVES: 4-6

INGREDIENTS

- 2 Avocados From Mexico halved, pitted, peeled and cubed into 1-in squares
- 3 cups rice cooked
- 1 can (19 oz) black beans drained and rinsed
- 1 cup tomato chopped
- 1 cup lettuce shredded
- ¼ cup fresh cilantro chopped
- ½ cup vinaigrette
- 2 cups cooked chicken (10 ounces) cut into
- 1-in squares Cilantro sprigs

Nutrition Facts

4 servings per container
Serving size (435g)

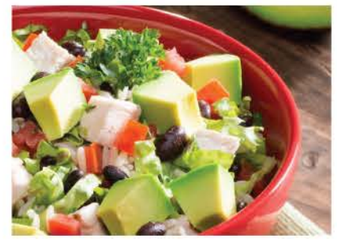
Amount per serving
Calories 550

	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 610mg	**27%**
Total Carbohydrate 70g	**25%**
Dietary Fiber 13g	**46%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 30g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 4mg	20%
Potassium 769mg	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. In a large bowl combine rice, beans, tomato, lettuce, cilantro and 1/4 cup of the vinaigrette.
2. Arrange on platter.
3. In medium-size bowl, combine chicken, avocados and remaining vinaigrette.
4. Arrange over rice.
5. Garnish with cilantro.



SALAD RECIPES

TROPICAL AVOCADO SALAD

Avocados From Mexico

SERVES: 4-6

INGREDIENTS

- 3 tablespoons fresh lime juice
- 1 tablespoon chopped fresh jalapeño including seeds
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 garlic clove minced
- ½ teaspoon salt
- ¼ cup extra virgin olive oil
- 2 cups sugar snap peas strings removed
- ½ fresh pineapple peeled, cored, and halved lengthwise
- 1 large carrot peeled and cut into
- 2-inch matchsticks
- 1 cucumber peeled, seeded, and thinly sliced
- 2 cups shredded cabbage
- 2 fully ripened Avocados From Mexico halved, pitted, peeled, and quartered

Nutrition Facts

Serving Size (57g)
Servings Per Container

Amount Per Serving

Calories 150	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 360mg	15%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 8g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 6%

*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. In small bowl, whisk together lime juice, jalapeño, soy sauce, honey, garlic and salt, Slowly whisk in oil.
2. In medium pot of boiling water, cook sugar snap peas 15 seconds. Drain in colander, then chill in ice water. Drain peas, then cut them lengthwise into 3 strips. Slice pineapple quarters crosswise into thin slices.
3. In large bowl, combine pea strips, pineapple, carrots, cucumber and cabbage with dressing. Cut Avocados crosswise into 1/4-inch-thick slices; add to salad and toss gently.


Avocados
From
Mexico
ALWAYS
IN SEASON