



Let's
BE **MÁS**
COOKBOOK 2020



Avocados
From
Mexico
ALWAYS
IN SEASON™



We've always known Avocados From Mexico were special, and for even more than our irresistible green fruits. At our company's core (or should we say our pit?) is the diverse team of individuals that make everything we do possible. We take deep pride in our team's vibrant culture — each and every one of us offers a colorful background, history, and personality that add as much flavor to our company as our avocados do.

That's why we asked our team to share their fondest family avocado recipes and the stories behind them in our first-ever, staff-inspired cookbook. All of the anecdotes and recipes collected within these pages illustrate just how wonderfully our team complements one another when we work together — not unlike the ingredients in the world's best bowl of guacamole. It's our way of saying "thank you" for all that you do.

Enjoy!



What's the story with this recipe?

This is an aioli recipe that I learned from my father. My grandfather was from Spain, so it was common every weekend that we visited to have toasted bread and tomato (*pa amb tomàquet* in Catalan) and there was always a good aioli at the table to add to everything. What I've done is take the original recipe and add avocado and a little hot sauce. It is a great combination because it makes it creamier and a little lighter on the garlic than the traditional aioli, and has a final kick with the hot sauce. *(My Grandpa wouldn't be happy. Jeje.)*

Alvaro Luque's AVOCADO AIOLI

Ingredients

- 4-5 garlic cloves
- 1 small lemon
- 1 egg yolk
- 1 teaspoon Dijon mustard
- Extra-virgin olive oil
- 1/2 Avocado From Mexico
- Salt and pepper

Instructions

1

Add the garlic, egg yolk, mustard, lemon juice, and avocado to a blender and mix everything.

2

While mixing, slowly start adding the olive oil until you get the thickness that you want in your aioli.

3

Add salt, pepper, and hot sauce and mix again.

(If you want a more traditional version, do it in a mortar by hand.)



What's the story with this recipe?

This is a very traditional recipe in my family. When we were kids, this was the way we tried avocado for the first time. To this day, all the children in my family love having breakfast with this avocado toast. The tradition is that the children mash the avocado with the ingredients while their mother fries the eggs and toasts the bread.

Alejandro Duran's

AVOCADO AND DIJON MUSTARD TOAST

Ingredients

- 1/2 Avocado From Mexico
- 1 teaspoon Dijon mustard
- A pinch of sea salt
- A pinch of cayenne powder or pepper
- 1 fried egg
- 1 slice whole grain bread, toasted

Instructions

1

In a small bowl, combine avocado, mustard, salt, and cayenne. Gently mash with the back of a fork.

2

Top toasted bread with mashed avocado mixture.

3

Top the slice of toast with a fried egg. Sprinkle salt and cayenne evenly over the egg.



What's the story with this recipe?

My family gets together at least once a month. We always end up eating way too much, so I started looking for healthier alternatives to indulge in. This AvoHummus was a hit with my family, and cut down on the guilt of all the other calories consumed.

Alison Snowden's AVOHUMMUS

Ingredients

- 1 can of chickpeas, drained
- 2 ripe, medium to large Avocados From Mexico
- 2 tablespoons olive oil
- 1½ tablespoons tahini or sesame oil
- 1 garlic clove
- 2 tablespoons lime juice
- Salt and pepper to taste
- Cilantro for garnish

Instructions

1

Pour drained chickpeas and olive oil into food processor and blend until creamy.

2

Add remaining ingredients, blend until smooth, and pour into shallow serving dish.

3

Garnish with olive oil, fresh cracked pepper, and chopped cilantro. Serve with fresh cut veggies or pita chips.



What's the story with this recipe?

This is my mom's recipe. It's my favorite cold soup, it's perfect for warm or hot days, and it doesn't need cream to be super creamy. It's a Mexican classic: only avocado, a bit of spice from the serranos, and a taste of cilantro.

Ana Ambrosi's SOPA DE AGUACATE FRIA

Ingredients

- 2-3 Avocados From Mexico
- 1 cup of cilantro
- 4 cups of chicken stock
- 1-2 serrano chiles

Instructions

- 1 Make chicken broth and let it cool.
- 2 In small batches, blend avocados, cilantro, and chiles, gradually adding chicken broth until you get a creamy soup.
- 3 Place the soup in the fridge for 2-3 hours with the avocado pits.
- 4 Add salt and pepper to taste. Serve with some cilantro leaves.



What's the story with this recipe?

This is my favorite way to start the day. I feel satisfied all morning, and it sure is tasty. It is very comforting and reminds me of the happy times when my mom used to bake bread with me as a child. Everything bagel seasoning is so fun on the palate with its crazy textures and crunch, and the chili flakes really add a little magic. Of course, the star of the show is the scrumptious Avocado From Mexico.

Anna Kirsch's AVOCADO TOAST

Ingredients

- 1 slice of sour dough bread
- 1 Avocado From Mexico
- Everything bagel seasoning (*5 shakes of the wrist*)
- Chili flakes (*sprinkle*)

Instructions

1

Toast the bread if you prefer a crispy texture.

2

Mash avocado onto sour dough slice.

3

Top mash with everything bagel seasoning and chili flakes.



What's the story with this recipe?

As a dietitian, I love filling my plate with fresh fruits and vegetables. During the summer, it is a family tradition to grow all types of tomatoes and herbs in the garden. This salad works well with any type of tomato, whether you like large, juicy red Beefsteak tomatoes or sweet yellow/orange Cherry tomatoes! The addition of creamy, ripe avocado makes this an irresistibly delicious and nutritious salad with or without the cheese! Don't forget the fresh basil – it's packed with flavor and full of powerful plant nutrients.

Barbara Ruhs, MS, RDN AVOCADO CAPRESE SALAD

Ingredients

- 2 large, ripe Avocados From Mexico, sliced
- 2 large tomatoes, cut into thick slices
- 8 oz. fresh mozzarella cheese, cut into 8 slices
- Handful, fresh basil leaves, chopped
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra virgin olive oil

Instructions

1

Place sliced mozzarella on a large plate or platter.

2

Top with avocado, tomato and basil.

3

Drizzle with olive oil and balsamic vinegar.



What's the story with this recipe?

The first time I ever tried savory empanadas, these were them! My godmother, who lives in Chihuahua, Mexico, made them for me for the first time. I have loved them and followed this recipe ever since! They are delicious, but you can't serve them without guacamole. You gotta have the guac. It's the cherry on top!

Becky Estrada's TUNA EMPANADAS WITH GUAC

Ingredients

FOR THE MASA:

- 2 cups of yellow corn masa
- 1½ cups of water

ADDITIONAL NEEDS:

- 2 cups of canola or vegetable oil for frying
- 1 locking sandwich bag

FOR THE TUNA FILLING:

- 2 five oz. cans of tuna in vegetable oil, drained
- 1 tomato, diced
- 1/2 onion, diced
- Salt and pepper to taste

FOR THE GUAC:

- 3 Avocados From Mexico
- 1 lime
- Salt and pepper to taste
- 1 tablespoon chopped cilantro
- 1 tomato, diced
- 1 tablespoon red onion, diced

**Makes 16 empanadas*

Instructions

1

MAKING THE GUAC: Mash your avocados and add the juice of 1 lime. Add salt and pepper to taste. Mix together, then fold in the rest of the ingredients. Refrigerate until the empanadas are ready to serve.

2

MAKING THE EMPANADA FILLING: In a medium saucepan, add all of the ingredients and cook until onions are translucent, about 5-7 minutes on medium heat. Set aside.

3

MAKING THE MASA: Before you start, you will need to prepare your tortilla press. If you don't have one you can use a large plate with a flat bottom. Cut off the lock from the plastic sandwich bag then cut open the other 3 sides to make 2 sheets of plastic. Set inside the tortilla press or under the large plate you are using if you don't have a tortilla press. Mix all masa ingredients in large bowl with your hands for about 3 minutes or until well-combined. Make 3-tablespoon balls with your hands and place on a large clean plate. Cover them with a wet kitchen towel so they don't dry out.

Heat 2 cups of vegetable or canola oil in deep skillet over medium-high heat.

4

MAKING THE EMPANADAS: Using the corn tortilla press or large flat bottom plate, place a ball of masa in the center, between the two plastic sheets, then press down until you have a tortilla that's about 5" in diameter. Peel top plastic off and add a tablespoon of the tuna mixture in the center of the tortilla. Using the bottom plastic sheet, gently fold over the tortilla in half (do not remove plastic). Carefully seal the edges of the tortilla with your fingers forming the empanada. Then carefully peel off the plastic and put empanada in the hot oil. Fill the skillet with 3 or 4 empanadas. Fry each empanada for about 4 minutes on each side or until golden brown. Place empanadas on large plate with paper towels to drain excess oil. Once all empanadas are ready, serve them with the prepared guacamole.



What's the story with this recipe?

I developed this tried-and-true recipe back in high school to fulfill the need to eat well yet also indulge. The substitution of turkey completely suffices for those moments when you're craving the indulgence of a big, greasy, juicy burger. This recipe is so flavorful and versatile that I truly could eat it for breakfast, lunch, and dinner! My family and friends are very familiar with this recipe and many have routinely incorporated it into their meals as well. Also, this was the very first recipe I posted on my "Cooking with Casey" blog that I wrote back in 2013.

Casey Beltran's AVO TURKEY BURGERS

Ingredients

- 1 20 oz. package 93% lean ground turkey
- 2 eggs
- 1 tablespoon Worcestershire sauce
- 1/2 cup bread crumbs
- 1/2 bunch of chives, chopped fine (you can substitute 1/4 of a large onion if necessary)
- 1/2 tablespoon dijon mustard
- 1 tablespoon mayo
- 1/2 tablespoon ketchup
- 2 garlic cloves, minced

- 1 teaspoon paprika
- 2 teaspoons garlic powder
- Salt and pepper, to taste
- 2 tablespoons olive oil
- 6 whole-grain hamburger buns

TOPPINGS:

- Fresh mozzarella cheese (*sliceable*)
- Optional: Caramelized onions (*slowly sautéed on low with a little butter and olive oil*)
- Optional: Sunny-side-up egg (*cooked in butter/cooking spray on only one side until white is cooked but yolk is still runny*)

AVO MASH:

- 1 Avocado From Mexico, mashed
- Juice from half of a lime
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon salt

Instructions

- Preheat oven to 400 degrees F (*for toasting your bread*).
- In a medium-sized bowl, combine ground turkey, eggs, Worcestershire sauce, bread crumbs, chives, Dijon mustard, mayo, ketchup, minced garlic cloves, paprika, garlic powder, salt, and pepper. With a fork, thoroughly mix all of the ingredients until they are fully incorporated (*sometimes I use my "clean" hands to mix*).
- Heat a large sauté pan on medium heat with the olive oil (if you're trying to save extra calories you use cooking spray, but I think olive oil brings out more flavor). While the olive oil is heating, form patties with your "clean" hands and place onto a plate. Typically I end up forming about 6-7 patties, but you could get even more depending on the size you make them.
- Once the olive oil is hot, place as many patties as you can fit into the pan, without overcrowding. Press the tops down with a spatula and cook for about 6 minutes. Flip over and cook another 6 minutes. If you find that the outside is starting to burn, turn down the heat and cook a little slower and longer. Cook turkey burgers until cooked through to 165 degrees F. If you don't have a thermometer, you can just cut into a patty to make sure there is no more pink.
- In the last minute of cooking the burgers, slice the mozzarella cheese and place on top of the burgers in the pan so it can melt. Rest the turkey burgers for about 5 minutes.
- While the turkey burgers are resting, toast buns in the oven for about 3-4 minutes (*you can slather a little butter on them if you'd like*).
- Add the avo mash ingredients to a bowl and mix with a fork until combined.
- Place cheesy turkey burgers on top of buns and smear with avo mash (*and/or caramelized onions, and/or sunny-side-up egg depending on your topping selection*). If going bun-less, just set turkey burgers on a plate and smear with avo mash.
- Eat slowly. (*Jokes.*)



What's the story with this recipe?

This is a great recipe for any lifestyle. It goes great as a vegetarian item alone or served with a grilled medium-rare flank steak. The citrus and tahini flavors carry the avocado into different directions with each bite.

David Spirito's AVO CAULIFLOWER STEAK

Ingredients

- 4 oz. cauliflower purée
- Cauliflower steak
(*marinated, roasted, grilled*)
- Avocado From Mexico
- 2 oz. chimichurri sauce
- Walnuts (*toasted and roughly*)

Instructions

- 1** Place the cauliflower purée in the center of the dish.
- 2** Place the grilled cauliflower steak on top of the cauliflower purée.
- 3** Garnish the cauliflower steak with avocado and chimichurri sauce.
- 4** Sprinkle with chopped walnuts.



What's the story with this recipe?

Back in 2005, not too long after I moved to Texas, one of my aunts came to Dallas temporarily to take care of her family member. When I stopped by to visit, she would always have delicious food for me. One of her favorite snacks was extra-crispy thin tortilla chips with this amazing salsa that she would serve while we talked for hours. I've adapted her recipe slightly, but the essence of it still evokes a feeling of family and closeness, with food at its center.

Dianne Le's AVO CORN SALSA

Ingredients

- 5-6 tomatoes, diced
- 1/2 small yellow onion, diced
- 1/2 small red onion, diced
- 1 bunch of cilantro, chopped
- 2 Avocados From Mexico, diced
- 1 tablespoon of minced garlic
- 1 tablespoon of sugar
- 2 teaspoons of salt
- 1 small jalapeño, finely diced (*remove seeds if you want it less hot*)
- 3-4 limes, squeezed
- 1 can of sweet corn, drained
- 2 cans of spicy tomato sauce (*usually located in the Mexican aisle*)
- *Optional: Red pepper flakes*
- Serve with tortilla chips

Instructions

- 1** Dice the tomatoes and onions first, then squeeze two limes over mixture so it'll soak in the lime juice.
- 2** Then dice jalapeños and cilantro and add to mixture.
- 3** Add garlic, canned corn, spicy tomato sauce, and mix.
- 4** Squeeze the last lime(s), add salt and sugar. You can add more/less salt and sugar depending on your tastes.
- 5** Dice avocados and gently mix in with rest of ingredients.
- 6** *Optional: Sprinkle red pepper flakes to add more spice or use it to replace the jalapeño. *Note, you can increase or decrease ingredient amounts depending on your liking/taste.*
- 7** Serve with your choice of tortilla chips and enjoy!



What's the story with this recipe?

This takes me back to the time in California when Mom was still with us. Someone would say "Let's make a carne asada" and all the commotion would begin. We knew the gathering would take place at Hector's (gatito lindo) house. Mario (Guicho) would take care of bringing the meat. Joshua (Chachito) would prepare some delicious shrimp. Bertha (Mi-Linda) would prepare this delicious ensalada de aguacate with the limes right off their tree in their backyard. My mother would bring the best Frijol Volteados (Chapin term). This meant a family gathering with Mom, Dad, and the rest of the family at Hector's backyard. Gatito's neighbor, Jesus, would stop by and hang around with us for some food and some good, fun conversations. The kids would play around and there was noise everywhere. This was a family gathering for no particular reason at all, with laughs and Mom telling her stories from when we were kids.

Dunia Salguero's ENSALADA DE AGUACATE

Ingredients

- Avocados From Mexico
- Cucumbers
- Red onions
- Bell peppers (*yellow, red, and orange*)
- Cilantro
- Limes
- Salt
- Pepper
- Olive oil

Instructions

- 1** Cut avocados and cucumbers into slices and place into a large bowl.
- 2** Slice red onions into thin slices and soak in warm water for 10 minutes. Once drained, add to a large bowl with cucumbers and avocados.
- 3** Chop cilantro and bell peppers and add to other ingredients already in bowl.
- 4** Add salt, pepper, lime juice, and olive oil.



What's the story with this recipe?

This ceviche recipe takes me back to when I was a child during the hot, sunny days in Guadalajara. My mom would prepare this recipe for us. I remember it was so refreshing and delicious. When I was done eating, I felt the love from my mom, and I loved her more every time I ate the ceviche. Now I am doing the same with my daughters — and now they love ceviche!

Erick Coronado's TILAPIA CEVICHE

Ingredients

- 2 pounds of tilapia fillets finely diced
- 1 cup lime juice
- 1/2 cup tomatoes, seeded and chopped
- 1/2 cucumber, peeled and finely diced
- 1/2 cup chopped onion
- 1/4 cup fresh cilantro leaves, chopped
- Salt and freshly ground black pepper
- 1 Avocado From Mexico halved, pitted, peeled, and thinly sliced
- Grilled tostadas

OPTIONAL INGREDIENTS

- 1 serrano chile
- 1 tablespoon of hot sauce (*habanero recommended*)
- 1 lime, cut into wedges

Instructions

1

Put tilapia in a medium bowl. Pour the lime juice over the fish and mix gently to combine. Cover with plastic wrap and chill in the refrigerator until fish is white throughout, about 15 to 20 minutes.

2

Remove from the refrigerator and drain off the lime juice. Discard the lime juice. Add cucumber, tomato, onion, cilantro, and serrano chile if using. Season with salt and pepper to taste.

3

Serve the ceviche on top of a tostada. Arrange the avocado slices on top of the ceviche with the lime wedges alongside. Add the hot sauce if desired.



What's the story with this recipe?

My mother inspired this salad. She enjoyed the ingredients and I decided to add the avocado to the recipe.

GaDana Moore's C.A.T. PASTA SALAD

Ingredients

- Pasta (*of your choice*)
- Cucumbers
- Avocados From Mexico
- Roma tomatoes
- Italian dressing
- Supreme salad seasoning

Instructions

- 1 Boil pasta noodles.
- 2 Chop cucumbers, avocados, and tomatoes. Set avocados aside.
- 3 Mix cooked pasta noodles, cucumbers, and tomatoes in a bowl.
- 4 Add Italian dressing to your desired taste.
- 5 Add supreme salad seasoning to your desired taste.
- 6 Top with avocados.
- 7 Chill before serving.



What's the story with this recipe?

Growing up eating spicy meals was so typical. A good salsa can elevate any dish!

Grisel Perez's SPICY AVOCADO SALSA

Ingredients

- 1 ripe Avocado From Mexico
- 5 jalapeño peppers
- 1/2 white onion
- 1 sprig of cilantro to taste *(optional)*
- 1 green tomatillo
- 1/2 small lime
- Salt to taste *(optional)*

Instructions

- 1 Wash all your fresh ingredients.
- 2 Remove the ends from the jalapeños.
- 3 Place the following ingredients in a medium pan with water at low-medium heat: jalapeños, onion, and tomatillo. Let it come to a boil (about 5 minutes).
- 4 While that's cooking, use this time to cut your avocado in half, remove the pit, and scoop out the avocado flesh.
- 5 Blend all ingredients at high speed until smooth.
- 6 Place your smooth salsa into a container.
- 7 Add the juice from half a lime.
- 8 Add salt to taste, if desired.
- 9 Mix your salsa with a spoon.
- 10 Drizzle on your favorite dish and enjoy!



What's the story with this recipe?

I learned about stuffing avos at my first Avo U when I started working at AFM and thought to myself, "What a genius idea! A filling and delicious meal, and you don't even need a plate!" I've perfected my chicken salad to my liking and this has turned out to be one of my go-to's when I have little time but still want to eat something delicious and refreshing.

Haidy Leal's CHICKEN SALAD STUFFED AVO

Ingredients

- 4 Avocados From Mexico (*of course*)
- 2 chicken breasts
- 1 cucumber
- 1/4 purple onion
- 1 lime
- Mustard
- Mayonnaise
- 6-10 cherry tomatoes
- Olive oil
- Salt
- Pepper

*Serving size for 4

Instructions

- Cook your chicken breast thoroughly. Once it's cooled off, cut into small cubes and put in a mixing bowl.
- As you cut the additional ingredients you will put them in the bowl to start mixing all the ingredients with the chicken.
- Peel your cucumber and cut into small cubes. Based on your preference, you can choose to use the whole cucumber or half.
- Chop red onion into small cubes, place in bowl.
- Cut the cherry tomatoes into small pieces, to your liking.
- Mix all ingredients together being careful not to smooch the tomatoes.
- Once your ingredients are well-mixed, add half of a regular eating spoon amount of mayo, one big squeeze of mustard, one spoonful of olive oil, a small sprinkle of salt and pepper, and squeeze the full lime into the mix.
- Mix it all together so all the ingredients are combined. Now that you have your base, start cutting open your avocados.
- Take out the pit, then, with a small spoon, take out a little extra avocado around the pit to make the pit size bigger. This will give you more space to add the chicken salad.
- The extra avocado you remove with your spoon can be tossed into your chicken salad mix.
- Once your avocados are ready, you can start scooping the chicken salad and placing it in the hole you have made.
- All you need now is a spoon, and bon appétit!



What's the story with this recipe?

Every Christmas Day and every January 1st my grandma would cook a gigantic pot of Chupe soup. Her house was an open house all day long, with people coming in and out at any time of the day to eat Tata's Chupe. She had seven grandkids, and all of us about the same age. Besides all the family, many of our friends would come year after year, every Christmas Day, and every January 1st to eat our grandma's Chupe.

Ivonne Kinser's VENEZUELAN CHUPE SOUP

Ingredients

- 8-10 cups chicken stock
- 2 chicken bouillon cubes
- 4 large potatoes, peeled and diced into small pieces
- 2 cans (15.25 oz) whole kernel sweet corn
- Cream
- 3-4 cups hen (or chicken), cooked and shredded
- 1/4 cup fresh cilantro leaves, chopped
- Salt and pepper, to taste
- 6 oz. of milk
- 1½ cups queso fresco, in small cubes
- Avocados From Mexico

Instructions

- 1 In a large pot, add chicken stock. Bring to a boil, then add potatoes. Cover and let cook for 15 minutes or until the potatoes are soft.
- 2 Add cans of corn; cover and let cook for another 10 minutes.
- 3 Add cooked and shredded hen (chicken) and cilantro and let cook for 3-5 minutes. Adjust salt seasoning.
- 4 Lower heat and add table cream, stirring continuously until it's mixed in well. Turn off the heat. Let rest for 5 minutes.
- 5 Serve warm with pieces of queso fresco, cilantro, a tad of milk, and two slices of Avocados From Mexico.



What's the story with this recipe?

When I was a kid, we would go over to my grandparents' house every weekend and it was something we always looked forward to. My grandmother loved to cook and every time we'd go over she'd have fresh homemade tortillas and this salsa ready. Her tortillas and this salsa would accompany every meal we had. When I got older she taught me how to make it, and every time I do it reminds me of those weekends with my grandmother.

Jessica Martinez's AVOCADO TOMATILLO SALSA

Ingredients

- 2½ pounds tomatillos, peeled and rinsed
- 2 large onions
- 10 garlic cloves
- 4 jalapeños
- 2 tablespoons olive oil
- 4 teaspoons ground cumin
- 2 teaspoons salt
- 1 cup packed cilantro
- 3 ripe Avocados From Mexico
- 1 lime, juiced

Instructions

- 1** Peel and chop the tomatillos, onions, garlic, and jalapeños and place them on a baking sheet and drizzle with olive oil.
- 2** Roast them in the oven at 450 degrees for about 15 minutes or until they blister.
- 3** While those are roasting, peel, pit and dice the avocados into small cubes and finely chop your cilantro.
- 4** Place the tomatillos, onions, jalapeños, and garlic in a blender or a food processor. Pulse until mostly smooth.
- 5** Add the cumin, salt, cilantro, and diced avocados. Fold into the mixture, but don't over-mix to ensure the avocado is still a little chunky.
- 6** Add salt and lime juice to taste.



What's the story with this recipe?

My wife and I went to Italy for our honeymoon and one of our favorite experiences was a cooking class where we learned how to make homemade Italian pesto sauce! When we came back we kept experimenting with the recipes and ended up creating an avocado version of the pesto sauce. Every time we make it, we are reminded of the great times we spent on our honeymoon!

Jorge Almeida's AVO AMORE SAUCE

Ingredients

- 1 Avocado From Mexico
- 1/4 cup olive oil
- 1-1½ cups fresh basil
- 2-3 garlic cloves
- 1/4 cup pine nuts (or walnuts)
- 1/4 cup freshly grated parmesan
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions

1

Add all ingredients except olive oil to food processor. Turn on the processor, slowly adding the olive oil until emulsified.

2

This can be added to pasta, veggies, or even chicken!

3

Top with fresh mozzarella and cherry tomatoes!



What's the story with this recipe?

The first time I tried avocados with hearts of palm, I fell in love with the combination of flavors. A good Mexican friend of mine who lived in Costa Rica for a few years taught me this recipe. I found this salad to be the perfect combination of two cultures, since avocados are very popular in Mexico and Costa Rica is well-known for (among other things) being the world's largest producer of hearts of palm.

Jovanny Martinez's QEBD AVOCADO-PALMITO SALAD

Ingredients

- 2 medium Avocados From Mexico
- 1 can of hearts of palm
- 2 medium green apples
- Sesame seeds
- Italian dressing (*optional*)

Instructions

- 1** Drain the hearts of palm from the can, slice them in medium-size pieces, and put into a bowl.
- 2** Remove the hearts of the apples and dice them in small-size cubes. Then add them into the bowl.
- 3** Cut the avocados in small cubes and add them into the bowl.
- 4** Add sesame seeds to taste.
- 5** Softly mix all the ingredients in the bowl, taking care not to smash the avocado.
- 6** Serve cold and add a touch of Italian dressing, if desired.



What's the story with this recipe?

I need to be healthier, but I like meat. I started going to my local meat market and buying tablitas every weekend — these guys know me by name now. Well, after grilling the tablitas and just eating basically meat and bread like I was a caveman, I decided to step up my nutritional game to, well, you know, maybe live longer. So I turned my love for tablitas into a salad — and of course every salad is worth having when you include healthy, delicious, and always in season Avocados From Mexico.

Kevin Hamilton's ME GUSTA AGUACATES CON TABLITAS KALE ENSALADA

Ingredients

- Minimum 4 pounds of tablitas. It sounds like a lot, but that includes the bone weight. And trust me, this tastes so good you'll be mad you didn't get more. It's fielder's choice whether you get the marinade version or not, but I always do.
- Salad. Again, fielder's choice as to your choice of leaf, but I like get a kale and spinach mix
- Avocado Caesar salad dressing
- 1 medium grapefruit
- 1 large Avocado From Mexico
- 1 several-fingers pinch of pumpkin seeds
- 1/2 green bell pepper
- 1/2 red bell pepper
- Your favorite brand of seasoning salt (optional for you salt lovers)
- Pepper
- Pretty much anything else you want to put in it

Instructions

- Grill choice: Now, I prefer charcoal but that takes forever and nowadays people don't do that anymore. So I use a gas grill.
- Put down heavy duty foil on the grill grates and spray a little avocado cooking oil on it to moisten it up.
- Fire up the grill. Preheat to 350 with cover closed.
- Take the marinated tablitas and put them on the grill.
- Immediately close cover and reduce heat to 300.
- Cook to taste, either well-done or less so. But consistently monitor to flip the meat on both sides. The meat is thin, so it won't take long to cook. You're looking at less than 10 minutes max on both sides.
- When done, remove meat.
- Throw the green and red bell pepper on the grill and cook them up. Do not season the peppers — the leftover marinade and meat fat will do that.
- Prep salad by throwing all of the ingredients into a bowl, but layer it a bit (add a little, then add some seasoning ... a little, then more seasoning) so that you can sprinkle the seasoning throughout the salad. Careful not to sprinkle too much — once it's in, you can't get it back in the bottle.
- Add just a little pepper on top, depending on your love of pepper.
- Add that Caesar dressing and enjoy.



What's the story with this recipe?

In the summer of 2018 we had our first family trip to Hokkaido and had the opportunity to visit Sapporo, one of the biggest and most vibrant cities in Hokkaido. Our Japanese friend took us to this local izakaya restaurant for dinner. It is an underground Japanese-style pub and highly rated as 4-star food and atmosphere, but very family-friendly and not pricey at all. Every tourist goes there for their famous Ikura-don, fresh sashimi, and BBQ, but we insisted that we tried local food only with our Japanese friend's help (the menu is all in Japanese). After a cheerful and lively Ikura-don signature dinner table show, the server brought us a small plate of sliced avocados as a side dish.

But surprisingly this turned out to be the most memorable dish for me. The highlight of our dinner was illuminated by this one avocado dish. This avocado dish turned out to be most delicious plate that, to date, still helps bring back all the good times we had in Sapporo, Hokkaido.

Maggie Ting's

MISO MARINATED AVOCADO HALVES

Ingredients

- 1/2 Avocado From Mexico
- 2 tablespoons miso
- 1/2 tablespoon mirin (sweet sake)

Instructions

The cooking or preparation instructions were adapted and modified from a cooking video posted on www.kurashiru.com

- 1 Slice halved avocado into about 8 slices.
- 2 Put miso and mirin in a plastic bag with a zipper and mix well.
- 3 Cover avocado slices with the miso-mirin paste and place inside the plastic bag.
- 4 Leave in the fridge for at least 2 hours, or overnight, before serving.
- 5 Enjoy as a side dish, a topping for salad, with rice, or as a spread on toast.



What's the story with this recipe?

My wife recreated an old family shrimp cocktail recipe. We have them at every family gathering. It's fresh, it's spicy, and it's light.

Michael Lemos's SPICY SHRIMP COCKTAIL

Ingredients

- 1 pound medium shrimp, cooked
- 1/2 white onion, chopped
- 1 cup cherry tomatoes, halved
- 2 barely ripe Avocados From Mexico, cut roughly the same size as tomatoes
- 1 jalapeño, seeded and diced
- 1/2 bunch of cilantro, roughly chopped
- 3/4 cup of ketchup (*or more to taste*)
- 1 tablespoon of prepared horseradish (*or more to taste*)
- 2 tablepoons of your favorite hot sauce
- 1/3 cup of lemon-lime soda
- 1½ tablespoons Worcestershire sauce
- Juice from a lime

Instructions



Combine all ingredients and enjoy!



What's the story with this recipe?

A tasty twist to the original recipe and super easy to make.

Mitzy Cordero's AVOCADO EGG SALAD

Ingredients

- 1 Avocado From Mexico
- 3 hard-boiled eggs
- Lemon juice
- Cilantro
- Mayonnaise
- Salt and pepper

Instructions

- 1 Hard-boil the eggs.
- 2 Dice the eggs and avocado.
- 3 Add lemon juice, cilantro, mayonnaise, salt, and pepper.
- 4 Mix in a bowl and enjoy!



What's the story with this recipe?

This is a standard lunch I eat when I work from home.

Nicholas Lytle's WFH LUNCH

Ingredients

- 1/2 Avocado From Mexico
- 3 eggs
- 1 everything bagel
- Cream cheese
- Olive oil
- Salt and pepper

Instructions

- 1 Heat up a pan with olive oil.
- 2 Slice an everything bagel and put it in the toaster.
- 3 Cook the eggs any way you like.
- 4 Cut your avocado into slices.
- 5 Apply cream cheese to your everything bagel.
- 6 Season eggs and avocado slices to your liking.



What's the story with this recipe?

My wife loves this recipe.

Quintin Rohrbaugh's CREAMY AVOCADO LIME DRESSING

Ingredients

- 1 Avocado From Mexico
- Garlic powder
- Lime juice
- Olive oil
- Salt and pepper
- Cumin
- Water

Instructions



Blend everything together until it is smooth.
If you want it to be thinner, add more water.



What's the story with this recipe?

I grew up near the beach in a subtropical climate in a neighborhood that had Hass avocado trees. In those days, some of the neighbors that grew avocado trees in their yard considered them a nuisance so our family gladly picked their avocados. We ripened them, cut them in half, sprinkled white granulated sugar, and indulged.

Ryan Fukuda's AVOCADO DOUBLE INDULGENCE

Ingredients

- Avocados From Mexico
- Any sweetener you like. Sugar in the raw has a crunchy texture that complements the creaminess of the avocado. Maple syrup and honey work well too.
- If you don't want sugar in that form, honey and/or maple syrup work really well instead.

Instructions

1

Halve a ripe Avocado From Mexico.

2

Sprinkle preferred sweetener on each half.

3

Indulge with a spoon.



What's the story with this recipe?

Everyone pretty much knows I eat the same thing every day for lunch so I thought I would share my favorite go-to salad since I get a lot inquiries. I even keep my beloved salad bowl in our kitchen as many of you know. Since I am not a fan of salad dressings, avocados have been a life saver, turning my salads into a delicious meal that keeps me going throughout my busy day.

Stephanie Bazan's SIMPLE SALAD

Ingredients

- Spinach, kale, and romaine mix
- Cherry tomatoes
- Shredded chicken
- Cranberries
- Glazed walnuts
- Feta cheese
- 1/2 Avocado From Mexico, diced

Instructions

1

Add all ingredients together in a bowl.

2

Toss and enjoy!



What's the story with this recipe?

Growing up, my house was the house everyone came to in the summer. We had friends and family over pretty much every weekend and some of my best childhood memories are from those summers. When my mom's cousin Marian came to visit, she often brought her taco dip and I always looked forward to it because it was my favorite summer treat! I've modified it over the years to add in a little avo goodness and now it's the perfect go-to party dip! This dish can also be doubled for larger crowds.

Stephanie Browder's TACO FIESTA DIP

Ingredients

- 24 oz. cottage cheese
- 1/8 cup taco seasoning
- 2 large Avocados From Mexico
- 2 cups shredded iceberg lettuce
- 1/4 cup diced onion
- 1 medium tomato, diced
- 1½ cups shredded cheese (cheddar or taco blend)
- Tortilla chips for serving

Instructions

- 1** In an 8x8 pan, mix cottage cheese and taco seasoning until well blended.
- 2** Mash or dice avocados in medium bowl and gently layer over the cottage cheese.
- 3** Layer the remaining ingredients in the following order: lettuce, tomato, onion, and top with shredded cheese.
- 4** Serve with your favorite tortilla chips and enjoy!



What's the story with this recipe?

This is the smoked Texas style brisket that my family and I really enjoy on a regular basis for the past 10 years. We don't eat the Texas smoked brisket in the typical Texan way; we eat it Mexican style with beans, rice, salsa and avocados. It all started when we fell in love with the passion of smoked meats and the technique behind the cooking. We would always smoke a brisket and have leftovers and would turn those leftovers into tacos, which we all loved much more than traditional Texas style smoked brisket and sides. From then on out we always smoke the brisket just for tacos. The Bell family loves this recipe!

Steven Bell's TEXAS SMOKED BRISKET

Ingredients

- 10-12 pounds brisket
- 1/2 cup kosher salt
- 1/2 cup coarsely ground black pepper
- 1/8 cup garlic powder
- 1/16 cup onion powder
- 1/16 cup Spanish paprika
- Avocado From Mexico, grilled

EQUIPMENT FOR SMOKING:

- Charcoal
- Oak and Mesquite Wood (equal parts)
- Butcher paper (2 sheets)

SPRAY BOTTLE:

- 1/4 cup Worcestershire sauce
- 1/4 cup water

Instructions

- Remove the brisket from packaging and rinse under cool water.
- Trim fat cap to 1/4 inch and score fat cap into 1 inch squares.
- Sprinkle the brisket on both sides with rub and let rest for 2 hours.
- Combine the Worcestershire sauce and water in a spray bottle mister.
- Use an off-set smoker: Crumple one broadsheet newspaper page and place it under a chimney starter.
- Fill the chimney 3/4 full of charcoal briquettes.
- Light the paper and wait 1/2 hour until the briquettes are glowing orange, with gray ash around them.
- Set them in the smoker's box. Place several large chunks of oak and mesquite wood on top.
- The coals last between 1 to 1 1/2 hours, so you will need to repeat this process every hour. It takes 30 minutes for the coals to be ready. The coals will be glowing orange with gray ash around them. Set timer and start the coals each hour.
- Wait until they are ready to then put them in the box, and then place the oak and mesquite wood on top of the coals. Watch for the smoke to come out of the chimney; ensure to watch and keep a consistent temperature.
- Put the brisket in the smoker on the cooler side of the grate and close the lid.
- Cook for 6 hours, adding wood as needed to keep the fire burning evenly and spray it with some of the Worcestershire solution to keep moist.
- At this point, test the brisket with an instant-read thermometer; the internal temperature should read 165 degrees and remove the brisket from the smoker.
- Spray it with some of the Worcestershire solution then wrap it in butcher paper and return it to the smoker and let it cook in the paper for 2 hours longer.
- Remove the wrapped brisket from the smoker and place it in an empty cooler or a 200 degrees oven for 3 or 4 hours. The brisket is done when a toothpick passes effortlessly through the fat or an instant-read thermometer inserted into the center registers 185, or as high as 203. To ensure the brisket remains moist, do not trim away the fat cap before serving.
- Slice or shred the brisket as needed and serve immediately with fresh grilled avocado, charro beans, salsa, and fresh tortillas.



What's the story with this recipe?

Having grown up on a citrus and avocado ranch in southern California, I have always enjoyed the combination of fresh, tree-ripe oranges and avocados. This was a quick and easy staple at my home. Oranges or grapefruit work well in this salad. I hope you enjoy!

Tanya Edwards' CITRUS & AVOCADO SALAD

Ingredients

DRESSING:

- 1/3 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 3 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon minced shallot
- 1 teaspoon grated lemon peel
- 1 teaspoon grated orange peel
- 1 teaspoon minced, peeled fresh ginger
- 1 teaspoon dry mustard

SALAD:

- 3 large oranges or 2 large pink grapefruit, peeled and white pith removed
- 1 pound fennel bulbs, trimmed, and cut into paper-thin slices
- 2 large Avocados From Mexico, halved, pitted, peeled, and cut into thin slices

OPTIONAL INGREDIENTS

2 cups arugula or spinach (you can also use your favorite salad mix), toasted nuts (walnuts, pistachios, pine nuts, hazelnuts, etc.)

Instructions

1

Put all dressing ingredients in a medium-sized mason jar. Shake vigorously to blend. Taste and season with salt and pepper. Set aside.

2

Using a sharp knife, cut between membranes of grapefruit or oranges to get just the segments.

3

If you're using arugula, spinach, or lettuce, put that in a salad bowl. Add fennel and oranges.

4

Toss with some of the dressing.

5

Divide among 6 plates. Arrange fruit segments and avocado slices on top of the salad on each plate.

6

Add an extra drizzle of dressing, sprinkle toasted nuts on top, and serve immediately.