

DRESS YOUR SALADS IN HEART HEALTHY AVOCADOS.

All recipes inside
UNDER 500 CALORIES!

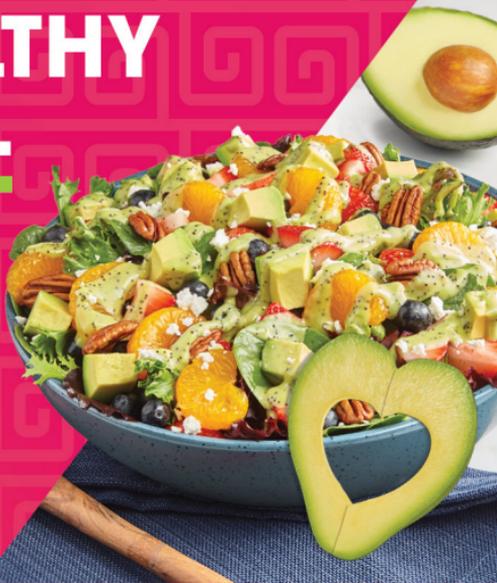
WORTH EVERY BITE.



Avocado Salads & Dressings Recipes

AvocadoSaladCenter.com

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.



MYTH-BUSTING WITH AVOCADOS FROM MEXICO'S NUTRITION EXPERT



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Q: AVOCADOS CONTAIN A LOT OF FAT, SO CAN THEY BE HEART HEALTHY?

A: Over 75% of the fat in healthy avocados is "good fat." The Dietary Guidelines for Americans recommend replacing bad fat with good fats. Good fats can help improve intake of dietary fat without raising LDL ("bad") cholesterol levels, making avocados a heart healthy fruit.

Q: IF I'M TRYING TO LOSE WEIGHT, SHOULDN'T I AVOID EATING FAT?

A: No. Fat is an essential part of the human diet that is required in order to absorb fat-soluble nutrients, including vitamins D, A, E and K. Avocados are a nutrient dense food that can be a satisfying addition to a reduced-calorie diet when eating in place of other fat sources. In addition, a serving of avocados is a good source of dietary fiber. Fiber-containing foods, like avocados, help provide a feeling of fullness with fewer calories.

Q: WHAT'S THE DIFFERENCE BETWEEN AN RD AND A NUTRITIONIST?

A. Registered Dietitians (RDs) are experts in the field of nutrition that have met the educational, training and professional (or licensure) requirements to hold the title of "RD." The term "nutritionist" is an unregulated term that anyone can use without any formal training, certifications or education.

5-MINUTE CREAMY AVOCADO DRESSING

Avocados contain good fats, making fresh Avocados From Mexico a great choice when making plant-friendly (vegan), gluten-free and preservative-free alternatives to other creamy salad dressings.

INSTRUCTIONS

1. Place 1-2 fresh, ripe avocados in a food processor or blender.
2. Squeeze the juice of a lemon or lime to prevent avocados from turning brown.
3. Choose a non-dairy base to create desired creaminess, such as plain almond milk, olive oil, vinegar or water.
4. Select 1-2 fresh herbs or seasonings and season to taste, such as garlic, cilantro, basil, dill, salt, pepper or spices.
5. Blend your favorite ingredients until smooth.



POUR ON THE GOODNESS!

Take advantage of the "good fats with added nutritional benefits" found in avocados ...and it's so yummy, why stop at salads?

Drizzle fresh avocado dressing on burgers, tacos or sandwiches as a heart healthy topping.

Find more recipes at AvocadoSaladCenter.com

THE EXCITEMENT IS GROWING—JOIN THE CONVERSATION!

There's lots going on with our avo-loving community! Get the skinny on the latest mealtime solutions, the most out-of-this-world recipes and the latest news in health and nutrition!

Find delicious recipes for avo-inspired salads and fresh dressings at AvocadoSaladCenter.com

KEY BENEFITS:

- ▶ **NATURALLY GOOD FATS:** 75% of the fat in avocados is good fat.
- ▶ **GOOD SOURCE OF FIBER AND FOLATE:** Avocados contain 11% DV of fiber and 10% DV of folate.
- ▶ **ZERO SUGAR:** Avocados contain the least amount of sugar per serving than any other fruit.

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From **Avocados From Mexico**™

Nutrition information is provided per serving.
1 serving = one-third of a medium avocado or 50 grams. 1 avocado provides 3 servings.



FRUIT SALAD

with Avocado Coconut Lime Dressing

FRUIT SALAD WITH AVOCADO COCONUT LIME DRESSING

MAKES 8 SERVINGS

INGREDIENTS

DRESSING

1 Avocado From Mexico

5.3 oz Non-fat Greek yogurt, blended,
coconut crème flavor

3 TB Lime juice

1 tsp Honey

SALAD

2 Avocados From Mexico, diced

½ cup Strawberries, quartered

1 Mango, diced

½ cup Blueberries

1 cup Red grapes

2 Kiwi, sliced and quartered

2 Mandarin orange segments

1 Large banana, sliced and quartered

INSTRUCTIONS

1. Place all salad dressing components into a food processor and blend to a smooth consistency. If dressing is too thick, add 1-2 TB of non-fat milk (or non-dairy milk) to liquify dressing.
2. Refrigerate until needed, up to 24 hours. Use the remaining dressing for another use.
3. For the salad base, place all ingredients into a large bowl.
4. When ready to serve, toss with Avocado Coconut Lime Dressing to taste.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 200, Total Fat: 10g, Saturated fat: 2g, Unsaturated fat: 8g,
Cholesterol: 1mg, Sodium: 460mg, Total Carbohydrates: 25g, Dietary Fiber: 6g, Sugar: 19g, Protein: 4g

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AVOCADO PASTA SALAD

with Pesto Avocado Dressing

AVOCADO (TOMATO BASIL) PASTA SALAD WITH PESTO AVOCADO DRESSING MAKES 8 SERVINGS

INGREDIENTS

DRESSING

- 1 **Avocado From Mexico**, peeled, pitted and sliced
- ½ **cup** Fresh basil, chopped
- 2 Garlic cloves, mashed
- 2 **TB** Reduced fat grated Parmesan cheese
- 1 **TB** Red wine vinegar
- 1 **TB** Avocado oil

SALAD

- 1 **Avocado From Mexico**, cubed
- 3 **cups** Enriched whole wheat rotini pasta, cooked
- ½ Red onion, diced
- 2 **cups** Cherry tomatoes (tricolored), halved
- ½ **cups** Low-sodium canned garbanzo beans (chickpeas), drained and rinsed
- 2 **cups** Spinach, chopped
- 2 **oz** Reduced fat feta cheese, crumbled
- 10 Kalamata olives, drained, chopped
- ½ **cup** Fresh basil, chopped
- ½ **TB** Red pepper flakes
- 1 **tsp** Dried oregano
- 2 **TB** Lemon juice

INSTRUCTIONS

1. Prepare pasta according to package directions. Do not overcook – it is better to have firm pasta or slightly undercooked (al dente).
2. In a large bowl combine all salad ingredients in a food processor until smooth. Store in the refrigerator until ready to prepare pasta salad. Refrigerate any remaining dressing for future use.
3. In a separate bowl, combine pasta, vegetables, cheese, olives, chickpeas and herbs and combine with Pesto Avocado Dressing. Squeeze lemon juice on salad before serving.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 250, Total Fat: 19g, Saturated fat: 3g, Unsaturated fat: 16g, Cholesterol: 7mg, Sodium: 230mg, Total Carbohydrates: 27g, Dietary Fiber: 8g, Sugar: 4g, Protein: 8g

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HARVEST BOWL SALAD

with Avo Balsamic Vinaigrette

HARVEST BOWL SALAD WITH AVO BALSAMIC VINAIGRETTE MAKES 8 SERVINGS

INGREDIENTS

DRESSING

- ½ **Avocado From Mexico**, diced
- 1 TB Avocado oil
- 2 TB Shallots, minced
- 1 TB Dijon mustard
- 3 TB White balsamic vinegar
- 1 TB Honey
- 3 TB Water

SALAD

- 2 **Avocados From Mexico**, diced
- 2 Sweet potatoes, roasted and diced
- 2 cups Quinoa, cooked
- 2 cups Arugula
- 2 cups Kale
- 1 cup Brussel sprout pedals, roasted
- 2 Honey crisp apples, diced
- 2 TB Roasted pecans, unsalted
- 2 TB Roasted pepitas, unsalted
- 2 TB Dried cranberries

INSTRUCTIONS

1. Place all salad dressing components into a food processor and process to a smooth consistency. Use the remaining dressing for future use.
2. Place all salad ingredients into a large bowl and pour the Avo Balsamic Vinaigrette over the Harvest Bowl Salad mixture.
3. Toss the Harvest Bowl Salad to coat. Keep refrigerated until serving.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 390, Total Fat: 13g, Saturated fat: 2g, Unsaturated fat: 11g, Cholesterol: 0mg, Sodium: 370mg, Total Carbohydrates: 55g, Dietary Fiber: 11g, Sugar: 12g, Protein: 15g

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FARRO SALAD

with Avo, Lemon & Fresh Dill Herbed Dressing

FARRO SALAD WITH AVO, LEMON & FRESH DILL HERBED DRESSING MAKES 8 SERVINGS

INGREDIENTS

DRESSING

- ½ Avocado From Mexico, peeled and pitted
- ¼ cup Non-fat Greek plain yogurt
- 2 TB Lemon juice
- 1 tsp Shallots, chopped
- 3 TB Fresh dill, chopped
- 1 tsp Avocado oil
- 1 TB White wine vinegar
- 1 tsp Dijon mustard

SALAD

- 2 Avocados From Mexico, diced
- 2 cups (dry) Farro
- 3 oz Reduced fat goat cheese, crumbled
- 4 cups Arugula
- ½ cup Green onion (scallions), chopped
- ¼ cup Dried cranberries
- ¼ cup Walnuts, chopped

INSTRUCTIONS

1. Prepare farro according to package directions.
2. Prepare salad dressing by combining ingredients into a food processor and process to a smooth consistency. Refrigerate any remaining dressing for future use.
3. In a large bowl, combine cooked farro with arugula, green onion, cranberries and chopped walnuts.
4. Drizzle the Avo, Lemon & Fresh Dill Herbed dressing and sprinkle goat cheese on top of the salad.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 330, Total Fat: 14g, Saturated fat: 4g, Unsaturated fat: 10g, Cholesterol: 14mg, Sodium: 103mg, Total Carbohydrates: 41g, Dietary Fiber: 8g, Sugar: 5g, Protein: 11g

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GREEK GODDESS SALAD ON A STICK

with Avo Mediterranean Greek Dressing

GREEK GODDESS SALAD ON A STICK WITH AVO MEDITERRANEAN GREEK DRESSING MAKES 8 SERVING

INGREDIENTS

DRESSING

- ½ **Avocado From Mexico**, peeled and pitted
- 1 TB Lemon juice, squeezed
- 1½ TB Red wine vinegar
- 1 tsp Garlic, minced
- 1 tsp Dijon mustard
- 1 tsp Avocado oil
- ¼ cup Water
- 1 tsp Dried oregano

SALAD

- 1 **Avocado From Mexico**, cubed
- 8 Mini skewer sticks
- 8 Romaine lettuce leaves, stacked (1 leaf per skewer)
- 16 Cherry (or grape) tomatoes (2 tomatoes per skewer)
- 2 oz Reduced fat feta cheese, packed in brine, crumbled
- 16 slices English cucumber, ¼-inch thick round slices (2 rounds per skewer)
- 8 Kalamata olives (1 olive per skewer)

INSTRUCTIONS

1. Prepare salad dressing by combining all ingredients in a food processor and process until smooth.
2. Assemble each skewer (order optional): tomatoes, cucumber slices, romaine lettuce, olive and avocados. Repeat for each skewer.
3. Drizzle with dressing and sprinkle with feta cheese on top before serving. Refrigerate any remaining dressing for next use.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 110, Total Fat: 13g, Saturated fat: 2g, Unsaturated fat: 11g, Cholesterol: 6mg, Sodium: 150mg, Total Carbohydrates: 7g, Dietary Fiber: 4g, Sugar: 2g, Protein: 3g

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MIXED GREENS SALAD

with Avo Poppo Seed Dressing

MIXED GREENS SALAD WITH AVO POPPYSEED DRESSING

MAKES 8 SERVINGS

INGREDIENTS

DRESSING

- ½ Avocado From Mexico
- 2 tsp Honey
- 3 TB Apple cider vinegar
- ½ TB Dry mustard
- ½ TB White onion
- 1 TB Avocado oil
- 3 TB Poppy seeds
- 2 TB Orange juice (or use liquid from the can of mandarin oranges)
- 2 TB Tap Water

SALAD

- 2 Avocados From Mexico, diced
- 4 cups Butter green lettuce (green leaf)
- 2 cups Baby Spinach
- ½ cup Strawberries, cut into quarters
- ½ cup Blueberries
- ½ cup Mandarin orange segments
- 2 oz Reduced fat feta cheese
- ¼ cup Pecans, halved

INSTRUCTIONS

1. Place all dressing components into a food processor and process to a smooth consistency. Use the remaining dressing for another use.
2. Put the greens in a large bowl and add the strawberries, blueberries, avocado and pecans.
3. Drizzle the salad with the Avo Poppo Seed Dressing, crumble feta on top and serve.

Nutrition Facts (Per serving = 1/8 of recipe) | Calories: 220, Total Fat: 16g, Saturated fat: 3g, Unsaturated fat: 13g, Cholesterol: 6mg, Sodium: 125mg, Total Carbohydrates: 14g, Dietary Fiber: 7g, Sugar: 5g, Protein: 5g

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