

AVOCADO SALSA “BOATS” (STUFFED AVOCADOS)



Avocados ^{From}  Mexico TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

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AVOCADO SALSA “BOATS”

(Stuffed Avocados—vegan, gluten-free, nut-free, refined sugar-free, soy-free)

INGREDIENTS

- 2 Avocados From Mexico avocados
- 1 cup tomato salsa, prepared
- ½ cup canned sweet corn kernels, drained and rinsed
- 2 tbsp. cilantro, chopped

INSTRUCTIONS

1. Slice avocado in half and remove pit. Scoop out a spoonful of avocado from each of the avocado halves to make room for filling.
2. Gently mix together scooped out avocado flesh, salsa, sweet corn kernels and cilantro. Fill each avocado half with ⅓-cup salsa mixture. Serve remaining salsa on the side.

SUGGESTED VARIATIONS

Stuffed Taco Avocado Boat: Prepare taco meat with seasonings. Fill each avocado half with taco meat and top with salsa, beans and cheese.

Baked Egg Avocado Boat: Crack an egg into the center of each avocado half. Bake at 375°F for 15–20 minutes until egg is cooked.

Caprese Salad Stuffed Avocado Boat: Slice pearl-sized mozzarella balls and cherry tomatoes in half, combine with basil pesto and balsamic vinegar, and fill each avocado half.

BLT Avocado Boat: Combine chopped turkey breast, crispy bacon, grape tomatoes and chopped lettuce to make a salad. Stuff avocado halves and top with Dijon mustard.

MAKES 8 SERVINGS

Avocado Salsa Boats (½ Avocado) | Calories: 160, Total Fat: 12g (Sat. Fat: 1.5g, Trans Fat: 0g) Cholesterol: 0mg, Sodium: 260mg, Total Carbohydrate: 14g, Dietary Fiber: 3g, Sugar: 3g, Protein: 3g