

GRACIAS GOOD FATS!

DISCOVER THE DELICIOUS VERSATILITY
OF HEART-HEALTHY AVOCADOS



RECIPE BOOKLET & EDUCATION GUIDE



◆◆◆ ALWAYS IN SEASON ◆◆◆

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HEART HEALTH NUTRITION



QUESTION & ANSWER WITH THE DIETITIAN

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The American Heart Association® recommends eating a variety of nutritious foods from all food groups. Eating a variety of fruits and vegetables may help one control their weight, cholesterol and blood pressure. Avocados are a healthy, nutrient-rich food that can help boost fruit intake.

Q: Avocados contain good fat and have no cholesterol or sodium, right?

A: Yes. The Dietary Guidelines for Americans state that the type of fat, rather than the total amount, is most important for health. They're naturally cholesterol & sodium-free and more than 75% of the fat in avocados is unsaturated.

Q: Do good fats raise LDL or "bad" cholesterol?

A: No. Because the body needs some dietary fat in moderation to help with absorption of nutrients. **Good fats do not raise LDL "bad" cholesterol levels.**

Q: How can I increase my intake of dietary fiber?

A: Eat more avocados! **Dietary fiber from fruit and vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease.** Avocados are a good source of dietary fiber (11% of the Daily Value) and are a great way to boost fiber at breakfast, lunch, dinner and snack time.

AVOCADO BOATS: 3 INGREDIENT MEAL IDEAS



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Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to serving suggestions or recipes.

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

BELL PEPPER TACOS



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GET INSPIRED! AVOCADO BOAT MEAL IDEAS

☐ Fresh Avocados From Mexico

ORDER: DELI DEPARTMENT

- ☐ Chicken salad
- ☐ Tuna salad
- ☐ Egg salad
- ☐ Shrimp or crab meat salad

SATISFYING COMBOS

- ☐ Rotisserie chicken + salsa fresca
- ☐ Prepared taco meat + jack cheese
- ☐ Bacon + egg + ranch dressing
- ☐ Black beans + canned corn
- ☐ Mozzarella + pepperoni
- ☐ Shrimp + cocktail sauce
- ☐ Smoked salmon + potato salad
- ☐ Artichoke + sundried tomato

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BELL PEPPER TACOS

INGREDIENTS

- 2** Avocados From Mexico, diced
- 4** sweet bell peppers, sliced half lengthwise (2 green, 2 red)
- 1** TB 30% reduced-sodium taco seasoning
- 1** lb. ground beef 10% fat
- ½** cup water
- ½** cup sharp cheddar cheese, shredded
- 2** large tomatoes, chopped
- ¼** cup cilantro, chopped
- ½** cup non-fat Greek yogurt (or non-fat sour cream)

INSTRUCTIONS

1. Remove the seeds and membrane from the inside of the pepper and slice in half, lengthwise.

2. Prepare taco meat: Heat a large skillet over medium-high heat. Crumble ground beef into the hot skillet. Cook and stir until the beef is completely browned, 7-10 minutes. Drain and discard any excess grease.
3. Return ground beef to heat. Pour seasoning mixture and water over the beef; stir to combine. Bring to a simmer and cook until the moisture absorbs into the meat, about 5 minutes. Allow to cool 5-10 minutes prior to stuffing peppers.
4. Stuff peppers with cooked taco meat. Top stuffed peppers with shredded cheese, tomatoes, avocados, cilantro and a spoonful of sour cream. Serve and enjoy!

Nutrition Facts (Per serving = 1 "taco") | Calories: 260, Total Fat: 14g (Sat. Fat: 4g, Trans Fat: 0g) Cholesterol: 55mg, Sodium: 270mg, Total Carbohydrate: 13g, Dietary Fiber: 3g, Sugar: 6g, Protein: 14g

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INDIVIDUAL 7-LAYER DIP CUP



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AVOCADO DEVEILED EGGS



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INDIVIDUAL 7-LAYER DIP CUP

INGREDIENTS

3 cups Avocados From Mexico
1 cup refried beans, canned
1½ cups taco seasoning
2 cups fresh lime or lemon juice
2 tsp. salt and freshly ground black pepper, to taste
1 cup non-fat or light plain Greek yogurt (or reduced-fat sour cream)
1 cup chunky salsa
1 cup corn, drained (unsalted)
½ cup tomatoes, diced
1 cup cheddar cheese, shredded
¼ cup green onions, chopped
1 cup tortilla chips

Optional: ½ cup black or green olives, chopped, ¼ cup fresh cilantro, chopped

INSTRUCTIONS

1. Combine refried beans with taco seasoning and mix well. Add 1-2 TB of water, as desired to combine bean mixture until smooth.
2. Remove avocados from the skin and mash with lime juice to reach desired texture.
3. To assemble: Add 2-3 TB of the bean mixture to the bottom of each cup. Spread into even layer using the back of a spoon. Add a spoonful of the corn, then avocado. Follow with a spoonful of Greek yogurt, then salsa if desired. Sprinkle with a layer of cheese, then finish by layering tomatoes, olives, cilantro and green onions. Store in refrigerator and serve with tortilla chips.

Nutrition Facts (Per serving) | Calories: 240, Total Fat: 12g (Sat. Fat: 3g, Trans Fat: 0g)
Cholesterol: 10mg, Sodium: 610mg, Total Carbohydrate: 24g, Dietary Fiber: 2g, Sugar: 5g, Protein: 13g

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AVOCADO DEVEILED EGGS

INGREDIENTS

1 Avocados From Mexico, diced
6 hard-cooked eggs, peeled and cut lengthwise
1½ TB lime or lemon juice
1 TB jalapeño pepper, seeded, diced
½ tsp. kosher salt
2 TB chopped cilantro

Optional toppings: bits, cilantro leaves, diced red bell peppers, chives, smoked paprika, bacon

INSTRUCTIONS

1. In a medium bowl (or food processor), place egg yolks, avocado and lime juice and mash until smooth. Stir in jalapeño, salt, pepper and cilantro, and mix thoroughly. Transfer mixture to a pastry bag fitted with a large star tip. Alternatively, scoop 1 TB of egg mixture into egg white halves.
2. Arrange a serving plate. Cover lightly with plastic wrap and refrigerate for up to 3 hours. Garnish with chives if desired.

Nutrition Facts (Per serving) | Calories: 240, Total Fat: 18g (Sat. Fat: 4g, Trans Fat: 18g)
Cholesterol: 375mg, Sodium: 440mg, Total Carbohydrate: 7g, Dietary Fiber: 2g, Sugar: 1g, Protein: 14g

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AVOCADO EGG TOAST



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SUPERFOOD GREEN & BLUE AVOCADO SALAD



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AVOCADO EGG TOAST

INGREDIENTS

$\frac{1}{2}$ Avocado From Mexico, mashed
1 slice of artisan style whole grain bread, toasted
Cooking spray
1 large egg
Kosher salt
Freshly ground pepper

INSTRUCTIONS

1. Mash avocado in a small bowl and season with salt and pepper.
2. Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into it, cook egg over-easy so yolk is still soft.
3. Place mashed avocado over toast, top with egg, salt and pepper to taste.

Nutrition Facts (Per serving) | Calories: 290, Total Fat: 21g (Sat. Fat: 3g, Trans Fat: 0g)
Cholesterol: 215mg, Sodium: 160mg, Total Carbohydrate: 20g, Dietary Fiber: 2g, Sugar: 2g, Protein: 12g

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SUPERFOOD GREEN & BLUE AVOCADO SALAD

INGREDIENTS

1 medium Avocados From Mexico
8 cups baby spinach, kale or mixed greens (herb salad)
1 cup blueberries
4 TB sliced almonds, toasted
4 TB crumbled goat cheese

For the Avocado Lime Dressing:

$\frac{1}{2}$ medium Avocados From Mexico
1 TB honey
3 TB lime juice
 $\frac{1}{4}$ cup fresh mint leaves
2 TB water

INSTRUCTIONS

1. Divide the baby spinach and kale salad blend between two large bowls.
2. Top each bowl with 1 slice of avocado, blueberries, almonds and goat cheese.

To prepare the dressing:

1. Combine all the dressing ingredients in the blender. Blend until smooth and creamy.

Nutrition Facts (Per serving) | Calories: 210, Total Fat: 13g (Sat. Fat: 2g, Trans Fat: 0g)
Cholesterol: 10mg, Sodium: 120mg, Total Carbohydrate: 22g, Dietary Fiber: 6g, Sugar: 4g, Protein: 7g

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MEXICAN SUSHI



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CHOCOLATE AVOCADO ENERGY BITES



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MEXICAN SUSHI

INGREDIENTS

- 1½** medium Avocados From Mexico, fully ripened, diced
- 3** large flour tortillas or wraps
- 3** oz. reduced fat cream cheese, softened
- 1½** TB chipotle in adobo, seeded and finely chopped
- ¾** cup low-fat refried black beans
- 6** TB pico de gallo
- ¾** cup lightly packed cilantro, chopped

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Wrap tortillas in foil, and heat in oven until softened, about 5 minutes.

3. In small bowl, combine cream cheese and chipotle.
4. Spread each warm tortilla with 2 TB chipotle cream cheese. Top with ⅓ of black beans, then ⅓ of salsa. Scatter ⅓ of the avocado and cilantro over salsa.
5. Roll up filled tortillas tightly. Wrap each tortilla roll in plastic wrap. Refrigerate wrapped tortilla rolls overnight.
6. To serve, unwrap and trim ends, then cut each roll across into 6 pieces. Arrange Mexican Sushi on serving platter and serve.

Nutrition Facts | Calories: 280, Total Fat: 12g (Sat. Fat: 3g, Trans Fat: 0g) | Cholesterol: 5mg, Sodium: 700mg, Total Carbohydrate: 38g, Dietary Fiber: 5g, Sugar: 4g, Protein: 9g

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CHOCOLATE AVOCADO ENERGY BITES

INGREDIENTS

- ½** cup Avocados From Mexico, mashed
- ½** cup banana, mashed
- ½** cup cocoa powder
- 1** tsp. vanilla extract
- ¾** cup rolled or instant oats
- ¼** cup creamy peanut butter
- 1-2** TB honey or maple syrup, optional

INSTRUCTIONS

1. Mix all ingredients except the honey in a bowl with a spoon until fully combined and smooth. Taste, then adjust sweetness with honey to your desired level.
2. Using a spoon and wax paper, scoop and roll the mix into one dozen balls the size of a truffle, placing on wax paper on top of a plate.
3. Freeze the energy bites for at least two hours, then store in a freezer bag, ready to grab when you need a quick snack. They will keep in the freezer for 3 months.

Nutrition Facts (Per serving = 1 ball) | Calories: 100, Total Fat: 5g (Sat. Fat: 0.5g, Trans Fat: 0g) | Cholesterol: 0mg, Sodium: 60mg, Total Carbohydrate: 14g, Dietary Fiber: 3g, Sugar: 6g, Protein: 3g

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EDUCATING YOUR SHOPPERS ON AVO 101

How to Store



DRIZZLE →



WRAP TIGHTLY →



REFRIGERATE

How to Ripen an Avocado Faster



+



+



• 1 TO 4 DAYS
• CHECK DAILY

→



RIPE & READY!

How to Slow Down Ripening



• RIPPENED
AT ROOM
TEMP

+



=

RIPE &
READY TO
EAT WITHIN
2-3 DAYS

How to Pick an Avocado

Color is
not always
the best
indicator of
ripeness



HARD

READY TO EAT
IN 4 - 5 DAYS



FIRM

READY TO EAT
IN 2 - 3 DAYS



YIELDS
TO GENTLE
PRESSURE

READY TO EAT
TODAY OR
TOMORROW

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HEART-HEALTHY



SOURCE OF GOOD FATS



NUTRIENT-DENSE



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