

BLACK BEAN AND AVOCADO ENCHILADA

Portion: 2 each Yields: 6

Mashed black beans with avocado wrapped with tortillas and baked with red chili sauce



CALORIES (kcal): 380
PROTEIN (g): 10
CARBOHYDRATE (g): 48
TOTAL FAT (g): 19
SODIUM (mg): 510
SAT FAT (g): 2.5
DIETARY FIBER (g): 13

INGREDIENTS:

2 Tbsp	Olive Oil	1/8 tsp	Ground Black Pepper
1 cup	Diced Onions	1-1/2 cups	Black Beans, Canned, Drained, Rinsed
1 Tbsp	Minced Garlic Cloves	3 cups	Diced Avocado
1/4 tsp	Kosher Salt	12 each	6" Corn Tortillas
1/4 oz	Dried Mexican Oregano	1 cup	Canned Red Enchilada Sauce
1/2 tsp	Ground Cumin	1/4 cup	Chopped Cilantro
1/2 tsp	Chili Powder		

METHOD:

Heat oil in pan and sauté onions and garlic. Add the salt, spices and black beans. Cook until heated through. Place in a food processor and pulse to mash. Leave coarsely ground. Transfer to a bowl and gently fold in diced avocados. Set aside. Heat tortillas to make pliable either in a steamer, microwave or oven. Pour a quarter of the Enchilada sauce into a baking pan and spread evenly. Roll 1/3 cup of filling into each tortilla and place seam down into pan. Pour remaining sauce on top. Bake covered at 350F degrees until heated through, about 20-30 minutes. Serve garnished with fresh chopped cilantro.

CHEF'S NOTES:

Canned black beans offer convenience but are loaded with sodium. Rinsing in water lowers the total. For more great avocado recipes and info visit www.californiaavocado.com.

AVOCADO OPEN-FACED SANDWICH

Portion: 1 Sandwich Yields: 4

Mashed avocado on artisan toast with tomatoes and arugula



CALORIES (kcal): 290
PROTEIN (g): 8
CARBOHYDRATE (g): 39
TOTAL FAT (g): 12
SODIUM (mg): 650
SAT FAT (g): 2
DIETARY FIBER (g): 7

INGREDIENTS:

4 each	French Bread, 2 oz Slice	8 each	Tomatoes, Fresh, 1/2" Each Slice
2 each	Avocados	2 cups	Arugula Lettuce Leaf
1/2 tsp	Kosher Salt	1 Tbsp, 1 tsp	Lemon Juice, Fresh

METHOD:

Slice French bread into a 2 oz portion size and toast on a hot griddle or grill. In a bowl, mash avocados and season with half the salt; spread onto toasted bread. Top with sliced tomatoes. Toss arugula with lemon juice and remaining salt and place on top of sandwich.

CHEF'S NOTES:

Try avocado in place of mayonnaise in sandwiches for a healthier alternative. For more great avocado recipes and info visit www.californiaavocado.com.

AVOCADO AND KALE GINGER SMOOTHIE

Portion: 1 1/2 Cups Yields: 4

Blended avocado, kale, ginger and orange juice beverage



INGREDIENTS:

1 each	Avocado
1 Qt	Orange Juice
1 Qt	Ice Cubes
1/4 cup	Fresh Ginger Root
4 oz	Kale Leaves
1 cup	Fresh Celery

METHOD:

Place all ingredients into a blender and puree until very smooth. Serve immediately.

CHEF'S NOTES:

Avocado adds a creaminess to smoothies.
For more great avocado recipes and info visit www.californiaavocado.com.

CALORIES (kcal): 199.3
PROTEIN (g): 3.9
CARBOHYDRATE (g): 34.9
TOTAL FAT (g): 6.2
SODIUM (mg): 48.6
SAT FAT (g): 0.9
DIETARY FIBER (g): 4.3

TEMPURA AVOCADO WITH CHILI SALT

Portion: 1/2 each Yields: 4

Avocado wedges dipped in tempura batter and fried



INGREDIENTS:

1/3 cup	All Purpose Flour	1 tsp	Mexican Seasoning, Salt Free
1 tsp	Comstarch	2 each	Avocado Slice
1/2 cup	Seltzer Water	4 each	Lime Slices
1/8 tsp	Kosher Salt	1 tsp	Chili Powder
2 Tbsp	All Purpose Flour	1/8 tsp	Kosher Salt
1/8 tsp	Kosher Salt		

METHOD:

Make the tempura batter: In a large mixing bowl combine flour, comstarch, seltzer and salt. Hold cold. Mix flour, salt and Mexican seasoning. Cut avocados in half, remove pit and gently peel skin or remove pulp with a spoon. Place avocados cut side down and cut each 1/2 into 3 wedges. Mix together salt and chili powder and set aside. Dredge 3 wedges of avocado per order in the seasoned flour and shake off excess. Dip into tempura batter. Allow excess batter to drip off. Place battered avocado into oil heated to 350 degrees for 2-3 minutes or until golden brown. Drain well on paper towel. Serve in a fry cup or boat with a lime wedge and sprinkling of chili salt.

CHEF'S NOTES:

Batter and seasoned flour in this recipe lists exact amount used for nutrition analysis. Make more for easier execution. For more great avocado recipes and info visit www.californiaavocado.com.

CALORIES (kcal): 310
PROTEIN (g): 3
CARBOHYDRATE (g): 19
TOTAL FAT (g): 26
SODIUM (mg): 200
SAT FAT (g): 3
DIETARY FIBER (g): 8