



**SAY YES TO FRESHNESS
AND NUTRITION**

Avocados From  **Mexico**



Say Yes to Freshness and Nutrition.

Due to their mono and polyunsaturated fat content, avocados are a great substitution for foods containing saturated fat. Avocados also contribute nearly 20 vitamins, minerals and plant compounds that can contribute to the nutrient quality of your diet.

Also, fresh avocados from Mexico add vibrant color, rich creamy flavor and luscious texture to just about anything on your menu. But they also add something even more important: freshness and nutrition.

Whether you add them as a garnish, purée them for a dip, blend them into drinks and deserts or whip them up, here's what fresh and nutritious Avocados from Mexico offer:



Nutrients



Freshness



Authenticity



Goodness



Delicious flavor

Avocados From  **Mexico**

Below the text is a decorative border consisting of a row of small triangles in green and orange colors.



Mediterranean Guacamole

(GUAC. GUAC YOUR WORLD. ENTERTAINMENT.)

You can “guac” your way through Mexico. You can also “guac” your way through the United States. But did you know you can “guac” your way through the whole wide world? In this recipe, we take a tour through Mediterranean flavors but, of course, I couldn't help bringing along my jalapeño chiles. Their fresh and grassy bite makes a great match for the crumbly feta, the salty olives and the tangy sundried tomatoes. The chickpeas make this an even more filling treat. I suggest you scoop it up with pita chips or tuck it into a pita sandwich!

PREP TIME

 15min

SERVES

 6 to 8

INGREDIENTS

- ½ cup chopped red onion
- 1 garlic clove, minced or pressed
- 1 to 2 jalapeño or serrano chiles, seeding optional, finely chopped
- ½ cup chopped fresh mint
- 1/2 cup chopped fresh basil
- ¼ cup fresh squeezed lemon juice
- 3 tablespoons extra virgin olive oil
- 1 teaspoon kosher or sea salt, or to taste
- ¼ teaspoon freshly ground black pepper
- 1 15.5 oz can chickpeas, about 2 cups, rinsed and drained
- 2 baby cucumbers, about 2 cups, diced
- ¼ cup chopped sundried tomatoes packed in oil
- ¼ cup chopped pitted Kalamata olives
- 3 ripe avocados, halved, pitted, meat scooped out, diced
- ¼ cup, about 1 oz, crumbled feta cheese, or to taste
- Pita chips or pita bread, to serve

DIRECTIONS:

Place the red onion, garlic, jalapeño, mint and basil in a mixing bowl or molcajete and mash together with a guajolote, pestle or fork, making a coarse paste.

Stir in the lemon juice, olive oil, salt and pepper, mash and mix again.

In a large bowl, mix the chickpeas, cucumbers, sundried tomatoes, olives and avocado. Add the herb and lemon mixture and toss well.

Add the crumbled feta cheese on top. Serve along with pita chips, chips of your choice or veggie sticks.



Crazy Corn Guacamole

Guacamole con Esquites

Find out what happens when two of the most addicting Mexican antojos come together a crazy corn mix – called esquites when the corn kernels are off the cob – and a chunky guacamole. The result is creamy and crunchy, tangy and lightly spicy. You can eat it with tortilla chips or veggie sticks, as a snack or appetizer. You can also serve it as a salad or side next to any grilled or seared meat, chicken or seafood.

Note: You can substitute the traditional epazote herb with cilantro or chives. Each herb has a different taste, but they all work their wonders in this mix. You may also substitute the piquín chile with ancho or chipotle chile powder.

PREP TIME

 15min

SERVES

 6 to 8

INGREDIENTS

- 1 tablespoon vegetable oil
- 2 tablespoons chopped white onion
- 1 jalapeño or serrano chile, chopped, add more to taste
- 3 cups fresh corn kernels, or thawed from frozen
- $\frac{3}{4}$ teaspoon kosher or sea salt, or to taste
- 2 tablespoons chopped fresh epazote leaves, may substitute for cilantro or chives
- 3 ripe avocados, halved, pitted, meat scooped out, diced
- 2 tablespoons mayonnaise
- 3 tablespoons Mexican cream
- $\frac{1}{4}$ cup freshly squeezed lime juice
- $\frac{1}{4}$ cup, about 1 oz, crumbled queso fresco, Cotija, feta or Farmer's cheese, or to taste
- Piquín chile powder, to taste
- Tortilla chips or veggie sticks

DIRECTIONS:

Heat the oil in a large skillet over medium-high heat.

Add the onion and jalapeño, and cook for 2 to 3 minutes until softened, and the edges are beginning to lightly brown.

Raise the heat to high, add the corn, season with salt, and let the corn cook and lightly brown, stirring often, for about 3 to 4 minutes.

Stir in the epazote, cook for another minute, and remove from heat.

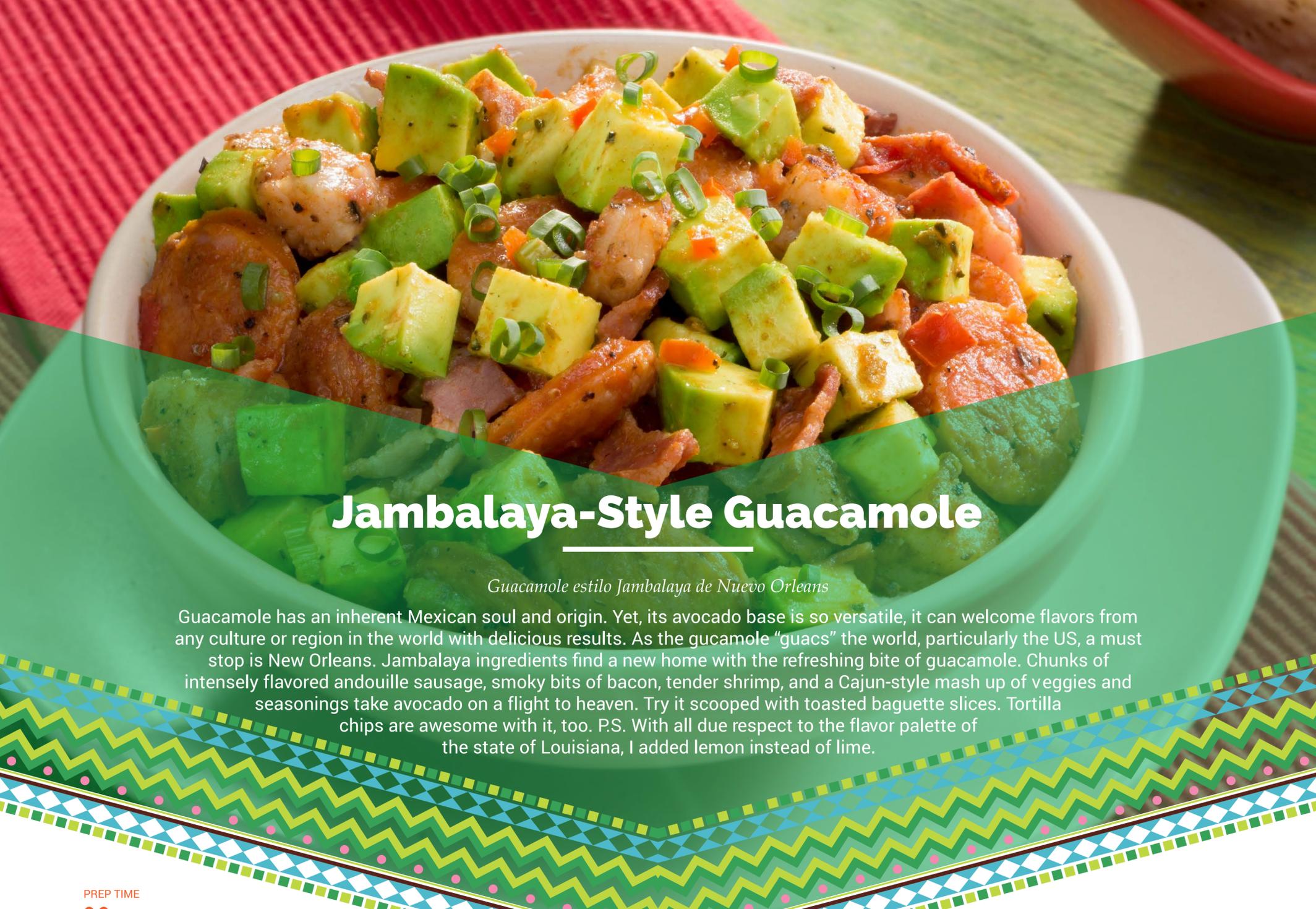
In a small bowl, mix the mayonnaise, Mexican cream and lime juice until fully combined. Set aside.

Place the diced avocados in a serving bowl and gently mash with a fork.

Incorporate the corn mixture and toss well. Drizzle half of the prepared mayonnaise mix on top, as well as the queso fresco. Sprinkle with chile piquín powder, to taste.

Leave the remaining mayonnaise mix, extra queso and more chile for your guests to add more if they please.

Serve with tortilla chips or veggie sticks.



Jambalaya-Style Guacamole

Guacamole estilo Jambalaya de Nuevo Orleans

Guacamole has an inherent Mexican soul and origin. Yet, its avocado base is so versatile, it can welcome flavors from any culture or region in the world with delicious results. As the guacamole “guacs” the world, particularly the US, a must stop is New Orleans. Jambalaya ingredients find a new home with the refreshing bite of guacamole. Chunks of intensely flavored andouille sausage, smoky bits of bacon, tender shrimp, and a Cajun-style mash up of veggies and seasonings take avocado on a flight to heaven. Try it scooped with toasted baguette slices. Tortilla chips are awesome with it, too. P.S. With all due respect to the flavor palette of the state of Louisiana, I added lemon instead of lime.

PREP TIME

 15min

SERVES

 6 to 8

INGREDIENTS

2 tablespoons vegetable oil, divided
3 thick slices of bacon
3 to 4 oz andouille sausage, roughly chopped
½ cup chopped yellow onion
½ cup chopped celery
¾ cup chopped red bell pepper
1 garlic clove, pressed or minced
1 teaspoon smoked paprika
1 teaspoon dried oregano
¼ teaspoon dried thyme
¼ teaspoon cayenne pepper
½ teaspoon salt, or to taste
½ teaspoon black pepper, or to taste
1 small roma tomato, cored, seeded and diced
1 teaspoon Worcestershire sauce
Dash of hot sauce, or to taste
½ pound medium shrimp, peeled, cut into bite sized chunks
3 ripe avocados, halved, pitted and diced
2 teaspoons freshly squeezed lemon
3 scallions, white and light green parts thinly sliced
Toasted baguette slices

DIRECTIONS:

Heat a tablespoon of oil in a large casserole set over medium heat until hot, but not smoking.

Add the bacon and sausage, and cook stirring often with a wooden spoon or spatula, until lightly browned and crisp, 4 to 5 minutes.

Incorporate the onion, celery, bell pepper and garlic, and season with the paprika, oregano, thyme, cayenne, salt and pepper.

Mix well and cook for about 3 to 4 minutes, until softened.

Add the diced tomato, along with the Worcestershire and the hot sauces. Stir and cook for another minute.

Remove from the heat, and scrape the entire mix onto a large bowl.

Place same casserole over high heat and add another tablespoon of oil.

Once hot, add the shrimp, sprinkle with salt and pepper to taste, and cook until lightly browned on all sides, not more than a minute or so.

Incorporate the shrimp into the bowl with the rest of ingredients.

In a serving bowl, add the diced avocado, squeeze the lemon juice on top and gently mix. Add the Jambalaya mix and toss together well.

Sprinkle the scallions on top, taste for salt, and more if need be. Serve along with toasted baguette slices or tortilla chips.



Cheesy Chipotle Chicken Pasta Casserole with Avocado

Cazuela de Pasta con Pollo al Chipotle, Queso y Aguacate

This is one of my family's most requested weeknight meals. It is amazing to see how fast the boys devour it. Makes me one happy mama. To boot, it is easy to make and uses a few basic ingredients. As the casserole finishes baking in the oven, the seasoned browned chicken nests in the pasta, as the pasta soaks up the chipotle and tomato sauce, and the cheese melts and creates a crust all over the top. As you slice and portion it onto each plate, the drizzle of the Mexican crema and the slices of avocado make it an unforgettable meal.

PREP TIME

 15min

SERVES

 8

INGREDIENTS

- 1 1/2 pounds ripe tomatoes
- 2 garlic cloves
- 1/2 cup coarsely chopped white onion
- 3/4 teaspoon kosher or coarse sea salt, plus more to taste to season chicken
- 1/4 teaspoon freshly ground black pepper, plus more to taste to season chicken
- 2 tablespoons sauce from chipotles in adobo, or to taste
- 1 chipotle chile in adobo sauce, seeded, or to taste, optional
- 6 to 8 boneless skinless chicken thighs
- 1 teaspoon dried oregano
- 6 tablespoons vegetable oil, divided
- 1 pound penne or elbow pasta
- 3 cups chicken broth, homemade or store bought
- 3 cups, 12 oz, grated melty cheese such as Oaxaca, Monterey Jack or Mozzarella
- 1 ripe avocado, halved, pitted, peeled and cut into slices, for garnish
- Mexican crema, Latin-style cream, crème fraiche or sour cream, optional for garnish

DIRECTIONS:

Place tomatoes and garlic in a medium or 3-quart saucepan and cover with water. Set over medium-high heat and simmer until the tomatoes are thoroughly cooked and the skins have started to come off, about 10 minutes.

Transfer tomatoes and garlic, along with 1/2 cup of the cooking liquid, to a blender or food processor. Allow to cool slightly, then add the onion, salt, pepper, adobo sauce and chile, and puree until smooth.

Sprinkle chicken with oregano and salt and pepper to taste.

Heat 4 tablespoons oil in a large, deep and thick casserole or skillet set over medium-high heat.

Once hot, sear the chicken thighs, about 2 to 3 minutes per side, until browned but not thoroughly cooked. Remove from skillet, reserve in a bowl.

Pour the remaining 2 tablespoons of oil into the casserole and set over medium-high heat. Once hot, add the pasta.

Fry for a few minutes, stirring constantly, until pasta smells toasty and begins to brown, don't let it burn. Pour the tomato puree over the pasta, it will jump all over the casserole, so you may want to use the lid as a shield over the casserole.

Stir, cover partially, and let the sauce cook for about 5 to 6 minutes, stirring occasionally, until it darkens and cooks into a thick puree consistency.

Nest the browned chicken on the pasta, pour the chicken broth on top, stir gently, cover with a tight-fitting lid, reduce heat to low and cook for 50 minutes.

Preheat the oven to 400°F.

Remove the lid, sprinkle the cheese all over the pasta, place the casserole in the oven and bake anywhere from 10 to 12 minutes, or until cheese has completely melted and begun to lightly brown. Serve hot.

Place avocado slices all around. Drizzle Mexican crema on top.



Avocado, Mango, Date and Yogurt Smoothie

Smoothie de Aguacate Dátiles y Yogurt

This is a wholesome smoothie that will do for a full breakfast or a satiating midday treat. It tastes so decadent that when you make it, you may think you are eating a frozen yogurt dessert. But here's the thing, it contains "better for you" ingredients: yogurt, mango, avocado, dates and lime juice – a bunch of ingredients that unknowingly find magic in their gathering.

Note: You may add a few ice cubes to the blender to make it a bit of a frappe, or if you use frozen mango chunks, don't let them thaw all the way.

PREP TIME

 15min

SERVES

 2

INGREDIENTS

2 cups cubed mango, fresh or lightly thawed from frozen (about ½ pound)

2 cups plain yogurt (you may do 1 cup yogurt and 1 cup milk if you want it thinner)

1 ripe avocado, halved, pitted, meat scooped out

2 teaspoons lime juice

6 Medjool dates, pitted, or to taste

2 tablespoons pistachios, pecans or almonds, coarsely chopped, to sprinkle on top, optional

DIRECTIONS:

Place the mango, yogurt, avocado, lime juice and dates in the blender and puree until completely smooth. Serve and sprinkle with pistachios on top.



Nutrition Facts

Serving Size 1/5 medium (30g/1oz)

Servings Per Container 5

Amount Per Serving

Calories 50 **Calories from Fat 35**

% Daily Value*

Total Fat	4.5g	7%
Saturated Fat	0.5g	3%
<i>Trans</i> Fat	0g	
Polyunsaturated Fat	0.5g	
Monounsaturated Fat	3g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Potassium	150mg	4%
Total Carbohydrate	3g	1%
Dietary Fiber	2g	8%
Sugars	0g	
Protein	0g	

Vitamin A 0%	• Vitamin C 4%
Calcium 0%	• Iron 2%
Vitamin E 4%	• Thiamin 2%
Riboflavin 4%	• Niacin 4%
Vitamin B6 4%	• Folate 6%
Pantothenic Acid 4%	• Phosphorus 2%
Magnesium 2%	• Zinc 2%
Copper 2%	• Manganese 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

