

AVOCADOS: DELICIOUS & NUTRITIOUS



Avocado, Shrimp, Spinach and Mango Salad

A rich avocado dressing tops this salad of fresh spinach, mangos, and shrimp, perfect for a party or a simple family summer supper.

Prep Time: 10 minutes

Total Time: 10 minutes

Serves: 6

Ingredients

1/2 lb. medium shrimp, deveined, peeled and cooked

2 ripe Fresh Avocado, halved, pitted, peeled, sliced, and divided

1/4 cup salsa verde, homemade or store-bought

2 Tbsp. water

2 Tbsp. fresh lime juice

1 Tbsp. honey

1/4 tsp. ground cayenne pepper

1 medium cucumber, peeled, seeded and diced

1 mango, peeled, seeded and diced

1 medium sweet pepper, seeded and diced

1/2 cup chopped cilantro leaves

1 bag (10 oz.) baby spinach leaves

Instructions

1. Place one half of one avocado, water, salsa verde, lime juice and honey in a blender.
2. With the blender on puree setting, blend until smooth.
3. In a large bowl, combine the shrimp, cucumber, mango, red pepper and cilantro.
4. Divide spinach and remaining avocado onto six plates, top with shrimp mixture and drizzle with dressing.



QUICK NUTRITION FACTS

Amount per serving

Calories	160
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	N/A
Cholesterol	50
Sodium	330mg
Carbohydrates	18 g
Total Sugars	6 g
Protein	8 g
Fiber	5 g
Vitamin A	120%



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AVOCADOS: DELICIOUS & NUTRITIOUS



Breakfast Toast with Cottage Cheese and Avocado

A fresh take on avocado toast, this version adds creamy cottage cheese and a dash of chipotle chili powder for an extra morning kick.

Prep Time: 2 minutes

Total Time: 2 minutes

Serves: 4

Ingredients

4 slices whole-wheat bread, toasted

1 cup fat-free cottage cheese

1 ripe Fresh Avocado, halved, pitted, peeled and sliced

Chipotle chili powder, to taste

Instructions

1. Top whole-wheat toast with cottage cheese and sliced avocado, dividing evenly.
2. Sprinkle with chipotle chili powder to taste.



QUICK NUTRITION FACTS

Amount per serving

Calories	180
Total Fat	8 g
Saturated Fat	1.5 g
Trans Fat	N/A
Cholesterol	5 mg
Sodium	270 mg
Carbohydrates	19 g
Total Sugars	2 g
Protein	9 g
Fiber	5 g

FACT: Avocados contain less than 1 gram of sugar per 1 ounce serving (one-fifth of a medium avocado).



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AVOCADOS: DELICIOUS & NUTRITIOUS



Avocado Banana Pancake Stacks

Avocados and bananas combine for a smooth batter to make scrumptious pancake recipe. Top with additional fruit for bonus nutrition.

Prep Time: 10 minutes

Total Time: 20 minutes

Serves: 6, 2 pancakes per serving

Ingredients

2/3 cup whole grain flour

1/2 cup all-purpose flour

1 Tbsp. brown sugar, packed

2 tsp. baking powder

1 ripe Fresh Avocado, halved, peeled, pitted, cubed and divided

1 ripe banana, peeled and sliced, divided

1 cup reduced fat milk

2 large eggs

1 tsp. vanilla extract

Non-stick cooking spray

Instructions

1. In a medium bowl mix together all-purpose flour, brown sugar and baking powder.
2. In a blender, combine half of the avocado pieces, half of the banana slices, milk, eggs and vanilla; puree until smooth.
3. Add wet ingredients to dry ingredients and stir until just combined; batter may be lumpy.
4. Spray a griddle or skillet with nonstick spray and heat over medium heat.
5. Pour 1/4 cup of batter for each 4-inch pancake. Cook until bottom is lightly brown and bubbles begin to burst, about 2 minutes. Turn and continue cooking until golden brown. Serve warm with remaining avocados, bananas and syrup or other favorite topping.



QUICK NUTRITION FACTS

Amount per serving

Calories	210
Total Fat	7 g
Saturated Fat	1.5 g
Trans Fat	N/A
Cholesterol	75 mg
Sodium	210 mg
Carbohydrates	30 g
Total Sugars	7 g
Protein	7 g
Fiber	4 g



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AVOCADOS: DELICIOUS & NUTRITIOUS



Sweet Potato and Avocado Baby Food Mash Up

This quick mash up of two of baby's favorite, this avocado and sweet potato will be your baby or toddlers new favorite!

Prep Time: 15 minutes

Total Time: 20 minutes

Serves: 4

Ingredients

1 small sweet potato, washed, peeled and cut into 1-inch cubes

1 ripe Fresh Avocado, halved, peeled, pitted and diced

Instructions

1. Cook sweet potato in boiling water for 10 minutes until very tender; drain and cool completely.
2. Mash sweet potato and avocado in a medium bowl until smooth.
3. Serve baby 1 to 2 tablespoons mixture. Freeze remainder in 1 oz. ice cube trays.

Tip: Substitute pumpkin, squash, apple sauce or banana for sweet potato. Nutrition will vary.

QUICK NUTRITION FACTS

Amount per serving

Calories	100
Total Fat	7 g
Saturated Fat	1 g
Trans Fat	N/A
Cholesterol	0 mg
Sodium	20 mg
Carbohydrates	11 g
Total Sugars	2 g
Protein	1 g
Fiber	4 g
Vitamin A	100%



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AVOCADOS: DELICIOUS & NUTRITIOUS



Easy Avocado Cabbage Carrot Cole Slaw

A fresh take on the classic cole slaw, combines cabbage, carrots and red onion with a creamy avocado cilantro dressing in this easy-to-follow side dish recipe.

Prep Time: 10 minutes

Total Time: 10 minutes

Serves: 6, 1 cup servings

Ingredients

2 ripe Fresh Avocado, halved, pitted, and diced, divided

1/4 cup white vinegar

2 Tbsp. water

1 Tbsp. sugar

1/2 tsp. ground cumin

4 cups sliced green cabbage

2 cups grated carrots

1/2 cup sliced red onion

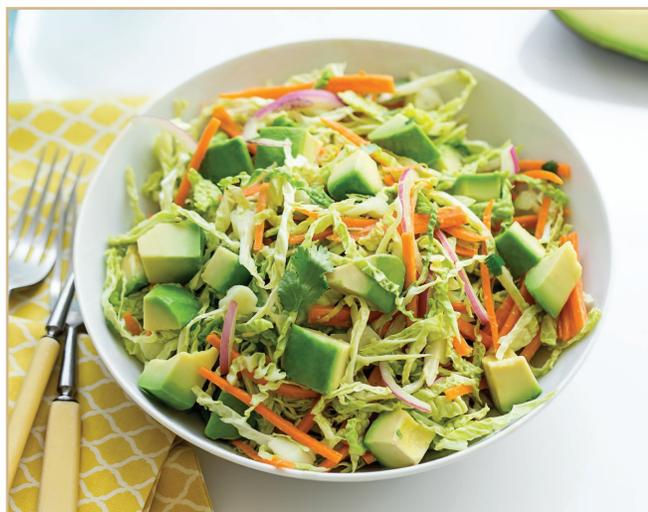
1/4 cup chopped cilantro leaves

Ground pepper, to taste

Instructions

1. Place one avocado, vinegar, water, sugar and cumin in a blender.
2. With the blender on puree setting, blend until smooth.
3. In a large bowl, combine the cabbage, carrots, onion, cilantro and one diced avocado.
4. Pour dressing over cabbage mixture, toss gently and season to taste with ground pepper.

Tip: Use this coleslaw to fill fish tacos, such as the Grilled Salmon Tacos with Avocado Cabbage Carrot Slaw



QUICK NUTRITION FACTS

Amount per serving	
Calories	140
Total Fat	9 g
Saturated Fat	1.5 g
Trans Fat	N/A
Cholesterol	0 mg
Sodium	140 mg
Carbohydrates	15 g
Total Sugars	6 g
Protein	2 g
Fiber	7 g
Vitamin A	130% DV



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AVOCADOS: DELICIOUS & NUTRITIOUS



Grilled Salmon Tacos with Avocado Cabbage Carrot Slaw

Avocado cabbage slaw makes for a refreshing topping to cumin-rubbed salmon inside warm corn taco shells.

Prep Time: 10 minutes

Total Time: 20 minutes

Serves: 4

Ingredients

1 lb. fresh salmon filet

1/2 tsp. ground cumin

1/4 tsp. freshly ground pepper

1 cup pico de gallo, homemade or store bought

8 small corn tortillas

4 cups Easy Avocado Cabbage Carrot Cole Slaw
(see recipe on previous page)

Instructions

1. Sprinkle salmon filets with cumin and pepper.
2. Wrap salmon in aluminum foil and grill over medium heat for 10 to 12 minutes, turning once, until cooked through.
3. Wrap tortillas in aluminum foil and place on grill for 4 minutes, turning once until warm.
4. Fill tortillas with salmon, pico de gallo and Easy Avocado Carrot Cole Slaw, dividing evenly.

QUICK NUTRITION FACTS

Amount per serving

Calories	160
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	N/A
Cholesterol	50
Sodium	330mg
Carbohydrates	18 g
Total Sugars	6 g
Protein	8 g
Fiber	5 g
Vitamin A	120%



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AVOCADOS: DELICIOUS & NUTRITIOUS



Mini Sopes with Carne Asada, Avocado and Queso Fresco

Sliced Avocados make for a rich and tasty topping to mini sopes filled with sautéed carne asada, black beans and queso fresco!

Prep Time: 30 minutes

Total Time: 1 hour

Serves: 16

Ingredients

1/2 lb. flank or skirt steak

1/2 tsp. salt

1 tsp. ground pepper

1 clove garlic, smashed

2 Tbsp. minced jalapeño

2 Tbsp. lime juice

2 cups masa harina

1 1/3 cups water

1 can (15 oz.) reduced salt, black beans, drained and warmed

1 cup pico de gallo, homemade or store bought

1 ripe Fresh Avocado, pitted, peeled and thinly sliced

1/2 cup crumbled queso fresco

Garnish with cilantro sprigs and lime wedges

Instructions

1. Sprinkle steak with 1/2 teaspoon salt and pepper; rub with the garlic, jalapeño and lime juice. Refrigerate for up to 4 hours.
2. In a medium bowl, combine masa and water and knead until mixture comes together. Divide dough evenly into 16 pieces. Using wet hands, press pieces of dough into a 3 1/2-inch circles.
3. Heat a large skillet or comal over medium heat. Add sopes and cook for 6 minutes, turning once, until golden brown. Remove from heat and place in warm oven.
4. Preheat an outdoor grill or stove top grill pan over medium-high heat. Add steak and cook until well browned, about 5 minutes. Turn and continue cooking until desired doneness is reached.
5. Transfer steak to cutting board and let rest 5 minutes. Thinly slice steak in strips then dice into 1/2-inch pieces.
6. Top sopes with steak, black beans, pico de gallo, avocado and queso fresco, dividing evenly. Garnish with cilantro and lime if desired.



QUICK NUTRITION FACTS

Amount per serving	
Calories	120
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	N/A
Cholesterol	10 mg
Sodium	220 mg
Carbohydrates	15 g
Total Sugars	1 g
Protein	7 g
Fiber	3 g



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Avocado Oatmeal Breakfast Cookies

These cookies with avocados, whole grains, cinnamon and dates make for a delicious on the go breakfast.

Prep Time: 15 minutes

Total Time: 35 minutes

Serves: 28

Ingredients

- 3 cups old-fashioned oats
- 1 1/2 cups white whole wheat flour
- 4 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1 tsp. salt
- 1 ripe Fresh Avocado, pitted, peeled, and mashed
- 1/3 cup brown sugar

- 1/3 cup olive oil
- 1 cup plain, low-fat yogurt
- 2 large egg
- 2 cups pitted and chopped dates (about 12 oz.)

Instructions

1. Heat oven to 375F Line 4 baking sheets with aluminum foil and spray with non-stick cooking spray.
2. Combine the oats, flour, baking powder, baking soda, cinnamon and salt in a medium bowl. Cream together oil, avocado and brown sugar in a large bowl; stir in yogurt and eggs. Add oat mixture to avocado mixture and stir until combine; stir in dates.
3. Using a 1/4 cup measure, transfer the mixture onto lined baking sheets, spacing the cookies 2- inches apart. Bake for 18 to 22 minutes, until golden. Transfer to wire racks to cool completely.



QUICK NUTRITION FACTS

Amount per serving	
Calories	150
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	N/A
Cholesterol	15 mg
Sodium	210 mg
Carbohydrates	24 g
Total Sugars	11 g
Protein	3 g
Fiber	3 g



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