



avocado

Delicious and Easy Avocado Recipes **COOKBOOK**
that will Delight Everyone!

Avocado Cookbook

Delicious and Easy Avocado Recipes
That Will Delight Everyone!

By
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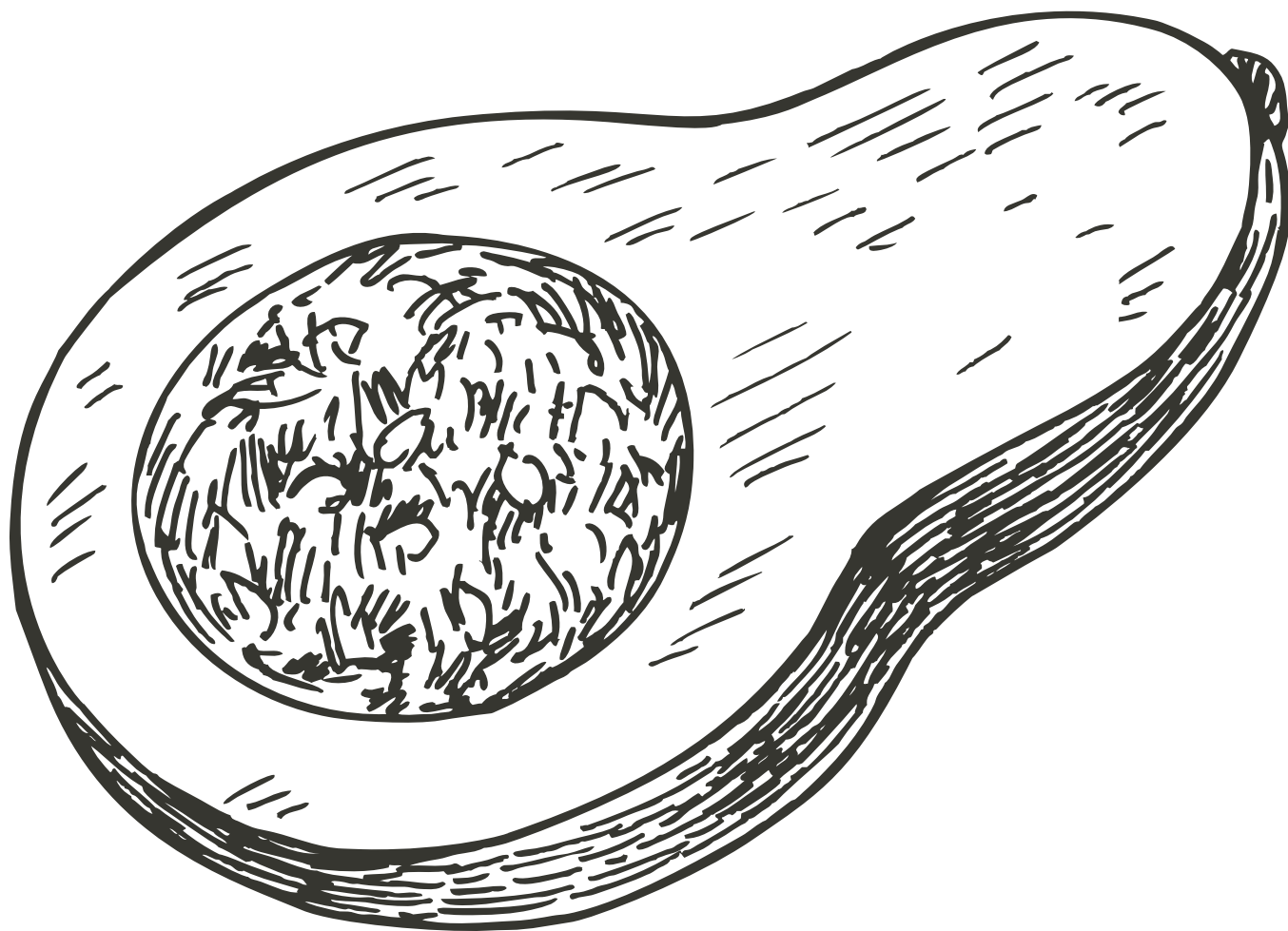


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Avocado Salsa



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 158 kcal

Fat 12 g

Carbohydrates 13.8g

Protein 1.9 g

Cholesterol 0 mg

Sodium 397 mg

Ingredients

1 mango, peeled, seeded and diced
1 avocado, peeled, pitted, and diced
4 medium tomatoes, diced
1 jalapeno pepper, seeded and diced
1/2 C. chopped fresh cilantro
3 cloves garlic, diced
1 tsp salt

2 tbsps fresh lime juice
1/4 C. chopped red onion
3 tbsps olive oil

Directions

1. Get a bowl, mix: garlic, mango, cilantro, avocado, and tomatoes.
2. Stir the mix then add in your olive oil, salt, red onions, and lime juice.
3. Stir your salsa to evenly distribute the liquids. Then place a covering of plastic on the bowl and put everything in the fridge for 40 mins.
4. Enjoy.





SWEET

Avocado Snack



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 146 kcal

Fat 8 g

Carbohydrates 18.3g

Protein 2 g

Cholesterol 2 mg

Sodium 16 mg

Ingredients

1 avocado, peeled and pitted

1/2 C. milk

1/4 C. white sugar

1/2 tsp vanilla extract

Directions

1. Puree your avocados with a food processor until everything is smooth then combine in: the vanilla, sugar, and milk.
2. Continue processing everything until it is all smooth again then place the mix in a bowl and place a covering of plastic on the bowl.
3. Put everything in the fridge for 30 mins.
4. Enjoy.

Estillo Sarita (Avocado Ceviche)



Prep Time: 1 hr 30 mins

Total Time: 1 hr 30 mins

Servings per Recipe: 4

Calories 352 kcal

Fat 10.9 g

Carbohydrates 24.3g

Protein 40.5 g

Cholesterol 346 mg

Sodium 1652 mg

Ingredients

2 lbs large shrimp, peeled, deveined and chopped
3/4 C. fresh lime juice
5 roma (plum) tomatoes, diced
1 white onion, chopped
1/2 C. chopped fresh cilantro
1 tbsp Worcestershire sauce

1 tbsp ketchup
1 tsp hot pepper sauce
salt and pepper to taste
1 avocado, peeled, pitted and diced
16 saltine crackers

Directions

1. Get a bowl for your lime juice. Then add in the shrimp and stir everything. Leave the mix to sit for 10 mins.
2. Now at this point the shrimp should be cooked.
3. Add in: cilantro, tomatoes, and onions.
4. Place a covering of plastic on the bowl and put everything in the fridge for 60 mins.
5. Now add in: the pepper, Worcestershire, salt, hot sauce, and ketchup. Stir the ingredients into the sarita.
6. When serving the dish place some shrimp on small platters.
7. Enjoy.

CLASSICAL

Homemade Guacamole



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 262 kcal

Fat 22.2 g

Carbohydrates 18g

Protein 3.7 g

Cholesterol 0 mg

Sodium 596 mg

Ingredients

3 avocados, peeled, pitted, and mashed
1 lime, juiced
1 tsp salt
1/2 C. diced onion
3 tbsps chopped fresh cilantro

2 roma (plum) tomatoes, diced
1 tsp diced garlic
1 pinch ground cayenne pepper

Directions

1. Get a bowl, combine: salt, lime juice, and avocados.
2. Stir the mix to evenly coat the avocados then combine in: the cayenne, onion, garlic, cilantro, and tomatoes.
3. Place a covering of plastic on the bowl and put everything in the fridge for 60 mins.
4. Enjoy.

Tomato and Avocado Soup



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 12

Calories 315 kcal

Fat 16.2 g

Carbohydrates 37.2g

Protein 8.7 g

Cholesterol 12 mg

Sodium 1152 mg

Ingredients

- 2 tbsps vegetable oil
- 1 (1 lb) package frozen pepper and onion veggie mix
- 2 cloves garlic, diced
- 3 tbsps ground cumin
- 1 (28 oz.) can crushed tomatoes
- 3 (4 oz.) cans chopped green chili peppers, drained
- 4 (14 oz.) cans vegetable broth
- salt and pepper to taste
- 1 (11 oz.) can whole kernel corn
- 12 oz. tortilla chips
- 1 C. shredded Cheddar cheese
- 1 avocado, peeled, pitted and diced

Directions

1. Stir fry your onions and peppers for 2 mins in hot oil then add in the cumin and garlic. Continue frying the mix for 4 more mins until the veggies are soft.
2. Now combine in the chili peppers and tomatoes.
3. Stir the mix again and let the pepper cook for 30 secs before adding in some pepper, salt, and the broth.
4. Now get everything boiling, set the heat to low, and let the mix gently simmer for 35 mins.
5. Add in the corn to the mix and let the veggies cook for 7 mins.
6. When serving the soup top each individual serving with some tortilla chips, avocado, and cheese.
7. Enjoy.

MAGGIE'S

Easy Avocado Honey Salad



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 610 kcal

Fat 50 g

Carbohydrates 44g

Protein 6.1 g

Cholesterol 0 mg

Sodium 23 mg

Ingredients

2 tbsps white sugar
2 tbsps olive oil
4 tps honey
1 tbsp cider vinegar
1 tsp lemon juice

2 C. torn salad greens
1 avocado, peeled, pitted and sliced
10 strawberries, sliced
1/2 C. chopped pecans

Directions

1. Get a bowl, combine: lemon juice, sugar, vinegar, honey, and olive oil. Stir the mix until the sugar dissolves then place everything to the side.
2. Get a 2nd decorative bowl and add in your greens.
3. Add in your honey mix over the leaves and toss the salad to evenly coat the leaves with the dressing.
4. Lay your strawberries and avocado pieces on top of the greens and coat everything with the pecans.
5. Enjoy.

Avocado Appetizers



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 97 kcal

Fat 7.6 g

Carbohydrates 7.8g

Protein 1.9 g

Cholesterol 1 mg

Sodium 154 mg

Ingredients

1 ripe avocado, peeled and pitted
1/2 C. fresh basil leaves
1 tbsp lime juice
1 clove garlic
1/4 tsp salt
1/4 tsp ground black pepper

1 cucumber, cut into 1/4-inch slices
1 plum tomato, cut into 1/4-inch slices
1 tbsp plain yogurt, or to taste

Directions

1. Add the following to the bowl of a food processor: pepper, avocado, salt, basil, garlic, and lime juice.
2. Pulse the mix until it is smooth then coat your pieces of cucumber with the avocado mix.
3. Lay a piece of tomato over each one. Then top everything with your yogurt.
4. Enjoy.

GINGER

Soy Sauce

Avocado



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 14.7 g

Fat 9.1g

Carbohydrates 2.2 g

Protein 0 mg

Cholesterol 157 mg

Sodium 14.7 g

Ingredients

1 avocado
1/2 tsp diced garlic
1/2 tsp diced fresh ginger root

1 tsp soy sauce

Directions

1. Get a bowl, combine: soy sauce, ginger, and garlic.
2. Let this mix sit for 10 mins then slice your avocado into two pieces.
3. Remove the pit then top each of avocado with the sauce.
4. Serve the avocado with a fork fresh.
5. Enjoy.

Avocado in the Morning



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 372 kcal

Fat 26.8 g

Carbohydrates 24.1g

Protein 12.7 g

Cholesterol 194 mg

Sodium 379 mg

Ingredients

1/2 C. water
1/4 C. red quinoa
1 1/2 tsps olive oil
2 eggs
1 pinch salt and ground black pepper to taste

1/4 tsp seasoned salt
1/4 tsp ground black pepper
1 avocado, diced
2 tsps crumbled feta cheese

Directions

1. Get your quinoa boiling in water.
2. Let the quinoa cook for 20 mins until it is fully done then drain any resulting liquids, if any exist.
3. Now scramble your eggs in hot olive oil then top the eggs with some pepper and salt.
4. Get a bowl, mix: feta, quinoa, and eggs.
5. Stir the mix so that the eggs and cheese are evenly distributed throughout the quinoa then layer the mix with the avocado.
6. Enjoy.

AVOCADO Chiller



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 3

Calories 278 kcal

Fat 14.6 g

Carbohydrates 29.6g

Protein 9.4 g

Cholesterol 20 mg

Sodium 105 mg

Ingredients

3 C. milk

1 avocado, peeled and pitted

4 tbsps white sugar

Directions

1. Add the following to your blender and pulse the mix until it is smooth and resembles a thick milkshake: sugar, avocado and milk.
2. Enjoy.

Avocado Chiller II



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 298 kcal

Fat 16.4 g

Carbohydrates 36.1g

Protein 6.4 g

Cholesterol 3 mg

Sodium 51 mg

Ingredients

1 avocado, peeled and pitted
1 C. orange juice
1/2 C. vanilla yogurt
5 ice cubes
4 frozen whole strawberries
1 tsp honey

1 tsp brown sugar
1 tsp flax seed meal

Directions

1. Add the following to the bowl of a food processor: flax seed meal, avocado, honey, orange juice, strawberries, sugar, ice cubes, and vanilla yogurt.
2. Pulse the mix for 2 mins.
3. Enjoy.





AVOCADO

Salad Dressing



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 12

Calories 153 kcal

Fat 16.5 g

Carbohydrates 1.9g

Protein 0.4 g

Cholesterol 0 mg

Sodium 15 mg

Ingredients

- 1/2 C. avocado oil
- 1/4 C. olive oil
- 1/4 C. white vinegar
- 1 tsp lemon juice, or more to taste
- 1 tsp sesame oil, or more to taste
- 1 avocado, peeled, pitted, and coarsely chopped
- 4 cloves garlic, diced
- 1 tsp ground cumin
- salt and ground black pepper to taste

Directions

1. Add the following to the bowl of a food processor: sesame oil, avocado oil, lemon juice, olive oil, and vinegar.
2. Pulse the mix for 3 mins then combine in the avocado and continue pulsing everything for 3 more mins before adding in the cumin and garlic.
3. Run the blender for about 2 more mins until you find the mix resembles a dressing.
4. Now add in some pepper and salt.
5. Place the dressing in a mason jar and place the lid on tightly.
6. Put the dressing in the fridge until it is cold then shake everything before serving over a salad.
7. Enjoy

The Best Avocado Gazpacho



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 4

Calories 155 kcal

Fat 7.9 g

Carbohydrates 19.4g

Protein 4 g

Cholesterol 0 mg

Sodium 248 mg

Ingredients

2 C. shredded zucchini
1 onion, coarsely chopped
1 avocado, peeled, pitted, and coarsely chopped
1/2 C. canned garbanzo beans, drained
1/4 C. apple cider vinegar
1 jalapeno pepper, seeded and diced

2 tsps lemon juice
1 clove garlic, smashed
1/4 tsp salt, or more to taste
1/4 tsp ground black pepper, or more to taste

Directions

1. Get a bowl, mix: pepper, zucchini, salt, onions, garlic, avocado, lemon juice, garbanzo beans, jalapenos, and cider vinegar.
2. Stir the mix to evenly distribute the ingredients. Then place a covering of plastic on the bowl and put everything in the fridge for 60 mins.
3. Enjoy.

HONEY

Avocado and Apples



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 294 kcal

Fat 15.9 g

Carbohydrates 41.4g

Protein 3.2 g

Cholesterol 0 mg

Sodium 10 mg

Ingredients

2 avocado, peeled, pitted and diced

1 large red apple, cored and diced

2 tbsps honey



1/2 C. raisins, soaked in water and drained

1 tbsp hulled sunflower seeds

Directions

1. Get a bowl, combine: raisins, apples, and avocados.
2. Stir the mix to distribute the raisins then top everything with the sunflower seeds and the honey.
3. Enjoy.

California Style Tacos

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 4

Calories	738 kcal
Fat	48.2 g
Carbohydrates	43.2g
Protein	37.8 g
Cholesterol	133 mg
Sodium	841 mg

Ingredients

1 lb ground turkey
1/2 sweet onion, chopped
salt and ground black pepper to taste
1 pinch garlic powder, or to taste
8 taco shells, warmed
2 avocados, peeled and mashed
3/4 C. reduced-fat sour cream

1 C. pico de gallo
1 C. shredded Colby cheese

Directions

1. Stir fry your onions and turkey until the turkey is fully done then add in the garlic powder, some pepper, and some salt.
2. Remove any excess oils then coat your taco shells with sour cream and avocado.
3. Evenly divide your Pico de Gallo, Colby, and turkey between the shells and serve your tacos.
4. Enjoy.

AVOCADO WRAPS

with Colby Jack



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 533 kcal

Fat 26.6 g

Carbohydrates 48.4g

Protein 26.1 g

Cholesterol 70 mg

Sodium 1388 mg



Ingredients

- 1 (4 oz.) package cream cheese, softened
- 1 tsp ground cumin
- 1 clove garlic, diced
- 1/8 tsp dried red pepper flakes
- 6 tomato and oregano tortillas
- 6 lettuce leaves, rinsed and dried
- 12 slices deli sliced roast beef
- 1 avocado, cubed
- 1 tomato, seeded and chopped
- 1 C. shredded Colby - Monterey Jack cheese

Directions

1. Get a bowl, combine: chili flakes, cream cheese, garlic, and cumin.
2. Coat each tortilla with cream cheese equally then lay a piece of lettuce on each.
3. Now layer your cheese, 2 pieces of beef, tomatoes, and avocado on each.
4. Shape the tortilla into a burrito and cut each one in half.
5. Enjoy.

Avocado and Beef

 Prep Time: 35 mins
 Total Time: 45 mins

Servings per Recipe: 4

Calories	801 kcal
Fat	32.3 g
Carbohydrates	66.2g
Protein	60.7 g
Cholesterol	1143 mg
Sodium	480 mg

Ingredients

2 C. water
1 C. uncooked long-grain white rice
1 (16 oz.) can refried beans
salt to taste
garlic powder to taste
1 tbsp olive oil
2 small onions, chopped

4 beef steaks
2 avocados, peeled, pitted and sliced

Directions

1. Get your grill hot and coat the grate with oil.
2. Get some water boiling in a large pot then add in the rice.
3. Get the mix boiling again then place lid on the pot.
4. Now set the heat to low, and let the rice cook for 22 mins.
5. Begin to stir fry your onions until they are soft and brown.
6. Now grill your meat for 9 mins each side or until it reaches your preferred level of doneness.
7. Coat the meat first with the refried beans then lay your avocado over the beans and finally the fried onions.
8. Enjoy over the rice.

AVOCADO Dressing II



Prep Time: 15 mins



Total Time: 1 d 15 m

Servings per Recipe: 6

Calories 326 kcal

Fat 34.4 g

Carbohydrates 4.5g

Protein 2 g

Cholesterol 17 mg

Sodium 333 mg

Ingredients



1 avocado, peeled and pitted
1 C. mayonnaise
5 anchovy filets, rinsed and chopped
2 tbsps chopped green onion
1 tbsp lemon juice

1 clove garlic, chopped
salt and pepper to taste

Directions

1. Add the following to the bowl of a blender: pepper, avocado, garlic, mayo, salt, anchovies, lemon juice, and green onions.
2. Blend the mix until it is smooth then place everything into a container for storage.
3. Place a lid on the container or cover it with plastic.
4. Place everything in the fridge for 1 day.
5. Enjoy.

Easy Avocado Mousse

 Prep Time: 15 mins
 Total Time: 45 mins

Servings per Recipe: 4

Calories	345 kcal
Fat	17.6 g
Carbohydrates	24.2g
Protein	23.6 g
Cholesterol	35 mg
Sodium	243 mg

Ingredients

- 1 1/4 C. fat-free sour cream
- 3 tbsps low-fat creamy salad dressing
- 1 tsp sweet pickle relish
- 2 tps yellow mustard
- 1/8 tsp dried diced onion
- 2 (5 oz.) cans tuna in water, drained
- 2 avocados, cut into 1/4-inch dice

Directions

1. Get a bowl, combine: onion flakes, sour cream, mustard, dressing, and relish.
2. Stir the mix until it is even and smooth then add in your tuna and stir the fish into the mix.
3. Now gradually add in your avocado and combine everything but try not to mash it.
4. Place a covering of plastic on the bowl and put everything in fridge until it is cold.
5. Enjoy.

AVOCADO Lunch



Prep Time: 6 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 872 kcal

Fat 37.8 g

Carbohydrates 84g

Protein 49.9 g

Cholesterol 165 mg

Sodium 1583 mg



Ingredients

4 slices bacon	black pepper to taste
1 (6 oz.) can solid white tuna packed in water	2 hoagie buns, split
1/2 tsp Dijon mustard	1 avocado, peeled, pitted and sliced
1/2 tsp prepared horseradish	1 tomato, sliced
1 tbsp sweet pickle relish	2 slices provolone cheese
1 tbsp diced red onion	2 lettuce leaves
1/4 tsp paprika	

Directions

1. Microwave your bacon for 5 mins.
2. At the same time get a bowl, combine: the red onion, tuna, relish, Dijon, and horseradish.
3. Stir the mix to evenly distribute everything amongst the fish then add in your pepper and paprika.
4. Combine the spices into the tuna then equally top your rolls with it to form sandwiches.
5. Before serving the sandwiches layer half of the tomato and half of the avocado on each one.
6. Then place a piece of cheese, a piece of lettuce, and 2 pieces of bacon on each sandwich.
7. Enjoy.

Avocado White Sauce

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 8
Calories 78 kcal
Fat 6.8 g
Carbohydrates 5.5g
Protein 1.2 g
Cholesterol 3 mg
Sodium 7 mg

Ingredients

1 large avocado, peeled and pitted
2 cloves garlic, diced
1 lemons, juiced
1/4 C. sour cream
1/2 C. chopped seeded cucumber

1/2 tsp red pepper flakes, or to taste
1 tbsp chopped fresh cilantro
1 tbsp chopped fresh mint
salt and pepper to taste

Directions

1. Get a bowl, combine: cucumber, avocado, sour cream, lemon juice, and garlic.
2. Mash the mix together then add in your pepper, pepper flakes, salt, mint, and cilantro.
3. Stir the spices in then place a covering of plastic on the bowl and put everything in the fridge for 60 mins.
4. Enjoy.





CRAB and Avocados



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 277 kcal

Fat 23.3 g

Carbohydrates 9.7g

Protein 10.4 g

Cholesterol 126 mg

Sodium 476 mg

Ingredients

1 avocado, peeled, pitted, and sliced
1 hard-boiled egg
1/3 C. flaked cooked crabmeat
1 tsp mustard
1 tbsp mayonnaise
1/4 tsp lemon pepper seasoning

1/4 tsp garlic salt
1/4 tsp cayenne pepper
1/8 tsp curry powder

Directions

1. Get a bowl, mash: egg and avocado.
2. Now combine in: mustard, mayo, and crab.
3. Stir the mix until it is combined nicely then add in: the curry powder, lemon pepper mix, cayenne, and garlic salt.
4. Combine the spices in evenly then serve.
5. Enjoy.

Avocado and Chive Roast



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 355 kcal

Fat 29.1 g

Carbohydrates 9.4g

Protein 16.7 g

Cholesterol 211 mg

Sodium 674 mg

Ingredients

1 avocado, halved and pitted
2 eggs
salt and ground black pepper to taste
1 pinch cayenne pepper

1/4 C. crumbled cooked bacon
1 tbsp chopped fresh chives

Directions

1. Set your oven to 425 degrees before doing anything else.
2. Layer half the pieces of avocado into ramekins then break an egg into each one.
3. Top the mix with some cayenne, black pepper, and salt. Then layer everything in a jellyroll pan.
4. Cook the contents in the oven for 17 mins then top each one with some chives and bacon.
5. Enjoy.

AVOCADO Chili



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 6

Calories 64 kcal

Fat 5.2 g

Carbohydrates 4.8g

Protein 1 g

Cholesterol 0 mg

Sodium 3 mg

Ingredients

5 fresh tomatillos, husks removed
4 serrano chile peppers, or to taste
1 ripe avocado, peeled, pitted, and quartered

2 tbsps chopped fresh cilantro
salt to taste

Directions

1. Place the following in the bowl of a food processor: cilantro, tomatillos, and serrano's.
2. Pulse the mix until it is smooth then combine in a quarter of the avocado.
3. Continue blending the avocados in quarters until all of it has combined then top the entire mix with some salt and pulse the spice into the mix a few more times.
4. Enjoy.

South of the Border Avocado



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 3

Calories 601 kcal

Fat 42.9 g

Carbohydrates 17.6g

Protein 40.7 g

Cholesterol 104 mg

Sodium 864 mg

Ingredients

3 (6 oz.) cans canned chicken, drained
1 tbsp cilantro, finely chopped
1/2 tsp chili powder, or more to taste
3 avocados, halved lengthwise and pitted

1 tsp lime juice, or to taste

Directions

1. Get a bowl, combine: chili powder, cilantro, and chicken.
2. Lay out your pieces of avocado on a dish for serving then top them with the lime juice.
3. Evenly divide your cilantro mix between the avocado pieces.
4. Enjoy.

AVOCADO Dip



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 84 kcal

Fat 5.8 g

Carbohydrates 4.9g

Protein 4.1 g

Cholesterol 9 mg

Sodium 10 mg

Ingredients



1 avocado, peeled, pitted, and mashed
1/2 onion, diced
1/2 C. chopped cooked chicken
1 tbsp lime juice

1/4 tsp garlic powder
salt and ground black pepper to taste

Directions

1. Get a bowl, combine: pepper, avocado, salt, onion, garlic powder, chicken, and lime juice.
2. Enjoy.

Countryside Avocado Bake

 Prep Time: 25 mins
 Total Time: 1 hr

Servings per Recipe: 8

Calories	458 kcal
Fat	30.2 g
Carbohydrates	13.1g
Protein	34.7 g
Cholesterol	111 mg
Sodium	589 mg

Ingredients

7 tbsps butter, divided
1 tbsp olive oil
8 skinless, boneless chicken breast halves
1/4 C. all-purpose flour
1 C. light cream
1 C. chicken broth
3/4 tsp Morton(R) Kosher Salt
1/4 tsp ground black pepper
1/2 C. grated Parmesan cheese
2 dashes hot pepper sauce
1/2 tsp dried rosemary, crushed
1/2 tsp dried basil
3 C. sliced fresh mushrooms
1/4 C. sherry
1/2 C. sliced almonds, toasted
2 avocados

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Begin to fry your chicken in olive oil and butter until it is fully done and browned.
3. Then layer the pieces of chicken in a casserole dish.
4. Add in 4 more tbsps of butter to the pan then add in the flour.
5. Stir and heat the mix for 4 mins then gradually add in your broth and cream.
6. Stir the mix and let it get thick.
7. Add in: the herbs, kosher salt, hot sauce, black pepper, and parmesan.
8. Once the mix is thick shut the heat.
9. Now stir fry your mushrooms in 2 more tbsp of butter in a separate pan then add in the sherry and let everything simmer until all the sherry has reduced a bit.
10. Now top the chicken with mushrooms and pour the cream sauce over everything.
11. Cook the chicken in the oven for 30 mins then top it with almonds and continue cooking for 6 more mins.
12. Now remove the skin from your avocado and slice it. Top the chicken with the avocado pieces. Enjoy.

BUFFALO

Avocado Sandwich



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 648 kcal

Fat 43.6 g

Carbohydrates 42.6g

Protein 24.6 g

Cholesterol 71 mg

Sodium 930 mg

Ingredients



cooking spray
2 flour tortillas
1 C. grated Cheddar cheese
1 small tomato, seeded and diced
1/2 C. onion, diced
3 slices cooked bacon, crumbled, or more to taste
salt and ground black pepper to taste

1 avocado, peeled, pitted, and sliced
1 tbsp chopped fresh cilantro
1 tsp ranch dressing
1 tsp buffalo ranch dressing

Directions

1. Coat a frying pan with nonstick spray then set your oven to 375 degrees before doing anything else.
2. Begin to toast your tortilla for 60 secs in the frying pan then layer half of the following on it: cheddar, tomato, onion, and bacon.
3. Top the layers with some pepper and salt. Then let the contents heat for 60 more secs until the cheese is melted.
4. Place the pan in the oven for 2 mins then place more pepper, salt, the cilantro, and half of avocado pieces.
5. Top the tortilla with some of the ranch and buffalo ranch then shape everything into a burrito.
6. Continue forming burritos in this manner until all the ingredients have been used up.
7. Enjoy.

Avocado Pizza

 Prep Time: 20 mins
 Total Time: 25 mins

Servings per Recipe: 4

Calories	798 kcal
Fat	38 g
Carbohydrates	82.4g
Protein	38.9 g
Cholesterol	66 mg
Sodium	1011 mg

Ingredients

2 avocados, peeled, pitted and diced
1 tbsp chopped fresh cilantro
1 tbsp fresh lime juice, or to taste
salt to taste
1 clove garlic, peeled
4 (7 inch) pre-baked pizza crusts
1 tbsp olive oil

1 C. chopped cooked chicken breast meat
1 C. cherry tomatoes, quartered
1 C. shredded Monterey Jack cheese
1 pinch cayenne pepper

Directions

1. Get your oven's broiler hot.
2. Now puree the following in a food processor until it is smooth: cilantro and avocado.
3. Slowly add in your lime juice and continue to pulse the mix.
4. Cut your pieces of garlic in half then rub the cut portions of the garlic on the crusts.
5. Now coat the crusts with olive oil then layer your puree over the crust like a sauce.
6. Place your tomatoes and chicken evenly over the crusts then top everything with cayenne and cheese.
7. Place your crusts on some pizza dishes or on a cookie sheet and cook them in the oven for 7 mins.
8. Enjoy.

MARIA'S Gazpacho



Prep Time: 30 mins



Total Time: 3 hrs 30 mins

Servings per Recipe: 8

Calories 287 kcal

Fat 23.1 g

Carbohydrates 21g

Protein 4.5 g

Cholesterol 0 mg

Sodium 392 mg

Ingredients

2 1/2 C. tomato-vegetable juice cocktail
2 1/2 C. vegetable broth
3 large tomatoes, diced
3 large avocados, peeled, pitted, and cut into bite-sized pieces
1 C. diced cucumber
1 (8 oz.) can chopped tomatoes with juice
1/2 C. chopped green bell pepper
1/2 C. chopped red bell pepper

1/4 C. extra-virgin olive oil
3 green onions, thinly sliced
1 lemon, juiced, or more to taste
2 tbsps diced fresh cilantro
2 tbsps white wine vinegar
1 dash hot pepper sauce
salt and ground black pepper to taste

Directions

1. Get a bowl, combine: black pepper, tomato-veggie juice, salt, veggie broth, hot sauce, tomatoes, canned tomatoes and their liquid, vinegar, bell peppers, cilantro, olive oil, cucumbers, avocados, lemon juice, and green onions.
2. Place a covering of plastic on the bowl and put everything in the fridge for 4 hrs.
3. Enjoy.

Avocado Drink



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 5

Calories 204 kcal

Fat 14.7 g

Carbohydrates 14.2g

Protein 6.5 g

Cholesterol 12 mg

Sodium 531 mg

Ingredients

2 avocados, skins removed, pitted, chunked	1 pinch ground black pepper
1 tbsp orange zest	3 C. milk
1/8 tsp ground ginger	
1 tsp salt	

Directions

1. Add the following to the bowl of a blender: pepper, orange peel, ginger salt, and avocado chunks.
2. Pulse the mix until it is smooth then add in your milk slowly while continuing to blend.
3. Keep blending the mix until it is smooth. Then place everything in a serving container.
4. Place a lid or some plastic on the container and put everything in the fridge until it is cold.
5. Enjoy.





CREAMY

Avocado Stew



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 410 kcal

Fat 40.6 g

Carbohydrates 12.5g

Protein 3.9 g

Cholesterol 82 mg

Sodium 374 mg

Ingredients



2 avocado, peeled, pitted and diced
1 tbsp chopped shallots
1 tbsp olive oil
2 C. chicken stock
1 C. heavy cream
salt and pepper to taste

1/4 tsp ground nutmeg
1 tomato, peeled, seeded and diced

Directions

1. Add your avocado to the bowl of a food processor and begin to puree it.
2. Begin to stir fry your shallots in olive oil until they are soft then shut the heat.
3. Get a bowl, combine: chicken stock, shallots, cream, and avocado.
4. Stir the mix until it is smooth then add in the nutmeg, some pepper and salt.
5. Place a covering of plastic on the bowl and put the mix in the fridge for 30 mins.
6. When serving the dish top the soup with your tomatoes.
7. Enjoy.

Summertime Avocados

 Prep Time: 10 mins
 Total Time: 15 mins

Servings per Recipe: 8

Calories 221 kcal

Fat 21.5 g

Carbohydrates 8.6g

Protein 2 g

Cholesterol 0 mg

Sodium 8 mg

Ingredients

1/4 C. olive oil, or as needed

1 pinch ground chipotle pepper, or more
to taste

1 pinch chili powder, or more to taste

4 avocados, halved and pitted

Directions

1. Get your outdoor grill hot and coat the grate with oil.
2. Get a bowl, combine: chili powder, olive oil, and chipotle.
3. Stir the mix until it is smooth then top the avocado flesh with it.
4. Cook the avocados for 6 mins on the grill with the insides directly on the grate.
5. Enjoy.

STUFFED Avocados



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 2

Calories 283 kcal

Fat 21.1 g

Carbohydrates 10g

Protein 16.5 g

Cholesterol 91 mg

Sodium 246 mg



Ingredients

- 1/2 C. flaked cooked crabmeat
- 1/2 C. cooked small shrimp
- 2 tbsps peeled and diced cucumber
- 1 tbsp mayonnaise
- 1 tsp chopped fresh parsley
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch paprika
- 1 avocado

Directions

1. Get a bowl, combine: parsley, crab, mayo, cucumber, and shrimp.
2. Stir the mix until it is smooth then add in the pepper and salt.
3. Place a covering of plastic on the bowl and put everything in the fridge until it is cold.
4. Now take out the flesh of the avocado and save it for another recipe (like a dressing) then add the seafood mix into the shells.
5. Top everything with some paprika.
6. Enjoy.

Rustic Avocados

 Prep Time: 10 mins
 Total Time: 20 mins

Servings per Recipe: 4

Calories	268 kcal
Fat	24.5 g
Carbohydrates	11.2g
Protein	4.9 g
Cholesterol	8 mg
Sodium	109 mg

Ingredients

2 Haas avocados, peeled, pitted, and sliced sea salt to taste
1 tbsp butter
1/2 C. slivered almonds, finely chopped

Directions

1. Toast your almonds in the butter once it has melted for 3 mins then lay your pieces of avocado on a serving dish.
2. Top the avocados with the almonds and the salt as well.
3. Enjoy.

AVOCADO Appetizer



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 196 kcal

Fat 16.6 g

Carbohydrates 10.9g

Protein 4.4 g

Cholesterol 71 mg

Sodium 29 mg

Ingredients

3 avocados, halved and pitted
2 hard-boiled eggs, peeled
1/2 onion, diced
1 1/2 tsps diced garlic
1/2 tsp lime juice
1/2 tsp smoked paprika

1/4 tsp cayenne pepper
salt and ground black pepper to taste

Directions

1. Remove the flesh of the avocado into a bowl but keep the skin.
2. Add your eggs to the avocado and mash everything together.
3. Now add in the black pepper, onion, salt, garlic, cayenne, lime juice, and paprika.
4. Evenly divide the mix between the avocado shells then serve.
5. Enjoy.

Southern Avocado



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 620 kcal

Fat 39.9 g

Carbohydrates 56.7g

Protein 11.7 g

Cholesterol 93 mg

Sodium 44 mg

Ingredients

2 C. vegetable oil (for frying)

1 C. all-purpose flour

2 tbsps salt-free herb seasoning blend

1 pinch ground cumin

1 avocado, peeled, pitted and sliced

1 egg, beaten

Directions

1. Get your oil hot to 365 degrees before doing anything else.
2. Get a bowl, combine: cumin, herb spice, and flour.
3. Get a 2nd bowl and add in the whisked eggs.
4. Coat your avocado first with the eggs then with the cumin mix.
5. For 2 mins fry the avocado in oil then flip it and continue frying everything for 2 more mins.
6. Place the avocado on some paper towel then serve.
7. Enjoy.

CATALINA'S Ceviche



Prep Time: 20 mins



Total Time: 5 hrs 20 mins

Servings per Recipe: 20

Calories 188 kcal

Fat 5.6 g

Carbohydrates 22.6g

Protein 12.6 g

Cholesterol 17 mg

Sodium 343 mg

Ingredients

2 lbs tilapia fillets, cut into cubes, or more to taste
2 small semi-firm avocados, cut into cubes, or more to taste
8 cloves garlic, diced, or more to taste
1 habanero pepper, diced
2 tsps chopped fresh cilantro
1 tsp salt

1/2 tsp ground black pepper
1/8 tsp ground ginger
30 fluid oz. lime juice, or as needed
1/2 large red onion, finely chopped
20 small flour tortillas

Directions

1. Get a bowl, combine: ginger, tilapia, pepper, avocados, salt, garlic, cilantro, and habanero.
2. Submerge the fish in the lime juice and layer your onions on top.
3. Place a covering of plastic on the bowl and place everything in the fridge for 5 hours.
4. Evenly divide the mix amongst your tortillas.
5. Enjoy.

Macaroni and Avocados



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 458 kcal

Fat 12.8 g

Carbohydrates 67.3g

Protein 19.6 g

Cholesterol 6 mg

Sodium 187 mg

Ingredients

- 1 lb elbow macaroni
- 1 1/2 C. skim milk
- 3 small garlic cloves
- 1/4 tsp ground nutmeg
- 1/4 tsp chili powder
- 2 Avocados, halved, pitted, peeled and diced, divided
- 1 C. flat-leaf parsley leaves
- 5 oz. Cheddar cheese, cubed
- 1 tbsp lime juice
- 1/2 C. chopped chives

Directions

1. Get your pasta boiling in water and salt for 9 mins then remove all the liquids.
2. At the same time, get the following boiling in a separate pan: chili powder, milk, nutmeg, and garlic.
3. Once the mix is boiling, set the heat to low, and let the mix gently cook for 7 mins.
4. Begin to puree the following with a food processor: hot milk with garlic, parsley, lime juice, 1.5 C. avocado, and the cheeses.
5. Once the mix is smooth top the pasta with it and garnish everything with 1/2 more of diced avocado, and chives.
6. Enjoy.

AVOCADO Bisque



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 12

Calories 124 kcal

Fat 8.5 g

Carbohydrates 6.3g

Protein 7.1 g

Cholesterol 42 mg

Sodium 98 mg

Ingredients

3 avocados

1 (14.5 oz.) can chicken broth

2 C. milk

1 tsp lemon juice

2 tsps diced onion

1/2 lb cooked fresh shrimp

1/8 tsp salt

1/8 tsp ground black pepper

Directions

1. Get the following simmering while stirring: chopped onion, avocado, lemon juice, lemon juice, milk, and broth.
2. Once the mix is simmering add in the pepper, salt, and shrimp.
3. Now shut the heat and serve the dish.
4. Enjoy.

Avocado Chili II



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 210 kcal

Fat 5.6 g

Carbohydrates 34.5g

Protein 6.5 g

Cholesterol 0 mg

Sodium 16 mg

Ingredients

1 (8 oz.) package uncooked spaghetti
1 avocado, pitted, peeled, and cubed
1 tbsp lime juice
1 (15 oz.) can vegetarian chili
1/3 C. sliced green onion

2 large tomatoes, diced
1 tsp diced garlic
1/3 C. chopped fresh cilantro

Directions

1. Boil your pasta in water and salt for 9 mins then remove all the liquids.
2. Get a bowl, combine: lime juice, and avocado.
3. Get a 2nd bowl, combine: cilantro, chili, garlic, tomatoes, and green onions.
4. Place your pasta on a serving plate then top each serving with an equal amount of the avocados then the tomato mix.
5. Enjoy.





AVOCADO Lemon Dessert



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 8

Calories 280 kcal

Fat 13.1 g

Carbohydrates 37.3g

Protein 5.1 g

Cholesterol 17 mg

Sodium 166 mg

Ingredients

1 avocado, mashed

1 (9 inch) pie shell, baked



1 (14 oz.) can sweetened condensed milk

1/4 C. fresh lemon juice, or to taste

Directions

1. Get a bowl, combine your mashed avocado and milk.
2. Then add in the lemon juice and combine it in evenly.
3. Place everything into the crust.
4. Place a covering of plastic over everything and put the pie in the fridge for 5 hrs.
5. Top the pie with some whipped topping before serving.
6. Enjoy.

Pepper Jack Avocados

 Prep Time: 15 mins
 Total Time: 25 mins

Servings per Recipe: 2

Calories	777 kcal
Fat	63.9 g
Carbohydrates	23.7g
Protein	36.1 g
Cholesterol	227 mg
Sodium	930 mg

Ingredients

2 tbsps butter
1 tbsp sesame oil
1 pinch garlic powder, or to taste
salt and ground black pepper to taste
5 oz. frozen cooked small shrimp
1/3 C. unsalted roasted cashews
2 tbsps chopped green chilies

1 low-carbohydrate tortilla, halved
1 avocado, peeled, pitted, and sliced
2 oz. shredded pepper jack cheese
2 oz. shredded Cheddar cheese

Directions

1. Begin to get your butter melting in a frying pan with the sesame oil then add in the pepper, salt, and garlic powder.
2. Stir the spices into the butter then add in your chili pepper, cashews, and shrimp.
3. Fry the mix for 7 mins.
4. Now place your pieces of tortilla in a casserole dish and layer half of the avocado pieces on each.
5. Top the avocado with half of the shrimp mix then coat everything with the butter from the pan.
6. Add half of the cheddar and pepper jack to each. Then place the tortillas under the broiler for 6 mins.
7. Enjoy.

AVOCADO Coconut Pudding



Prep Time: 10 mins



Total Time: 3 hrs 10 mins

Servings per Recipe: 6

Calories 261 kcal

Fat 17 g

Carbohydrates 30.6g

Protein 2.2 g

Cholesterol 0 mg

Sodium 25 mg

Ingredients

2 avocados, peeled, pitted, and diced

3/4 C. sweetened cream of coconut

5 tbsps cocoa powder

1/2 tsp ground cinnamon

1/4 tsp cayenne pepper

Directions

1. Add the following to the bowl of a blender and process the mix until it is pudding like: cayenne, avocados, cinnamon, coconut, and cocoa.
2. Pour everything into a bowl and place a covering of plastic on the bowl. Place the mix in the fridge for 3 hrs.
3. Enjoy.

Avocado Cheesecake



Prep Time: 20 mins



Total Time: 3 hrs 35 mins

Servings per Recipe: 8

Calories 470 kcal

Fat 34.8 g

Carbohydrates 39g

Protein 4.2 g

Cholesterol 85 mg

Sodium 204 mg

Ingredients

- 1 1/2 C. heavy whipping cream
- 3/4 C. white sugar
- 1 1/2 ripe avocados, peeled and pitted
- 2 (3 oz.) packages cream cheese, softened
- 1/2 C. fresh lime juice
- 1 (8 inch) prepared graham cracker crust

Directions

1. Get your cream simmering in a pan then shut the heat and add in the sugar. Stir the mix until the sugar is fully incorporated then pour everything into a bowl.
2. Add your cream cheese and avocado to the bowl of a food processor and pulse the mix until it is smooth.
3. Combine in the lime juice and continue processing the mix.
4. Place the mix into an ice cream maker and freeze it in line with the associated instructions on the ice cream maker.
5. Now add the mix to the crust once it is done then place it all in the freezer for 3 hrs.
6. Place the pie on the countertop and let it sit for 20 mins.
7. Enjoy.

AVOCADO Bars



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 48

Calories 82 kcal

Fat 3 g

Carbohydrates 13g

Protein 1.2 g

Cholesterol 21 mg

Sodium 20 mg

Ingredients

2 C. all-purpose flour

1/2 C. white sugar

2 tbsps diced fresh rosemary

2 limes, zested and juiced

1/2 C. butter

1 1/2 C. white sugar

4 eggs

1 avocado, peeled, pitted, and mashed

Directions

1. Coat a casserole dish with oil then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: the lime zest, flour, rosemary, and half C. of sugar.
3. Now use a pastry cutter to add in your butter in small pieces.
4. Place one C. of the flour to the side. Then layer the rest in the bottom of the casserole dish.
5. Cook everything in the oven for 12 mins.
6. Get a bowl, combine: mashed avocado, half of the reserve flour, eggs, 1.5 C. sugar, and lime juice.
7. Layer the mix over the contents in the casserole dish and add the rest of the reserved flour mix.
8. Continue cooking everything in the oven for 27 more mins. Then slice everything into about 40 bars.
9. Place a covering of plastic on the dish and put everything in fridge until cold.
10. Enjoy.

The Avocado Sandwich



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 466 kcal

Fat 32 g

Carbohydrates 42.3g

Protein 7.7 g

Cholesterol 1 mg

Sodium 736 mg

Ingredients

1/3 C. egg-free mayonnaise
2 large green onions, sliced
2 tbsps prepared yellow mustard
1/4 tsp ground black pepper
1/4 tsp paprika

2 large semi-firm avocados, diced
1/2 tsp kala namak (black salt)
8 slices potato bread

Directions

1. Get a bowl, combine: paprika, mayo, black pepper, green onions, and mustard.
2. Stir the mix until it is smooth then add in some black salt and the avocado pieces.
3. Equally top four pieces of bread with the mix then form sandwiches with other pieces.
4. Enjoy.

CABBAGE and Avocados



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 488 kcal

Fat 38.7 g

Carbohydrates 36.4g

Protein 10.2 g

Cholesterol 0 mg

Sodium 57 mg

Ingredients

3 C. shredded red cabbage

3 C. shredded green cabbage

2 avocado, peeled, pitted, and diced

1/4 C. sesame seeds

3 tbsps chopped red onion



3 tbsps chopped cilantro leaves

2 tbsps lime juice

Directions

1. Get a bowl, combine: lime juice, red cabbage, cilantro, green cabbage, red onions, sesame seeds, and avocado.
2. Enjoy.

Mediterranean Avocados

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 6

Calories	146 kcal
Fat	11.9 g
Carbohydrates	11.2g
Protein	2.2 g
Cholesterol	0 mg
Sodium	607 mg

Ingredients

2 avocados, peeled, pitted and diced	1 lemon, juiced
2 tomatoes, diced	salt and pepper to taste
2 (2 oz.) cans chopped black olives	
2 (4 oz.) cans diced green chilies	

Directions

1. Get a bowl, combine: chilies, avocados, olives, and tomatoes.
2. Stir the mix until it is smooth then coat the mix with some freshly squeezed lemon juice.
3. Now top everything with some pepper and salt.
4. Enjoy.

CURRY

Avocado Salad Dressing III



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 8

Calories 115 kcal

Fat 9.8 g

Carbohydrates 6.7g

Protein 1.8 g

Cholesterol 12 mg

Sodium 327 mg

Ingredients

1 large ripe avocado, peeled and diced
1 (8 oz.) container sour cream
1 (1 oz.) package French onion soup mix

2 cloves garlic, diced
1 tbsp curry powder
1 lemon, juiced

Directions

1. With a high speed blend the following: lemon juice, avocado, curry powder, sour cream, garlic, and soup mix.
2. Continue blending the mix until it is smooth then place everything into a mason jar.
3. Tightly seal the jar and place everything in the fridge until it is cold.
4. Enjoy.

Tex-Mex Nachos



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 162.8

Fat 5.7g

Cholesterol 3.1mg

Sodium 267.7mg

Carbohydrates 22.5g

Protein 7.8g

Ingredients

1 whole wheat pita bread, cut each half into 8 triangles

1/4 avocado

1 tomatoes

30 g low-fat cheese

ground black pepper

1/4 C. coriander

Directions

1. Set your oven to 355 degrees F before doing anything else.
2. In 2 large baking sheets, place the pita triangles in a single layer and cook everything in the oven for about 5 minutes.
3. In a bowl, mix together the tomato, avocado, 1 tbsp of the cheese, salt and black pepper.
4. In 2 small baking dishes, divide the tomato mixture evenly.
5. Divide the pita triangles between both dishes and gently, push in the tomato mixture, then sprinkle with the remaining cheese.
6. Cook everything in the oven for about 5 minutes.
7. Serve with a garnishing of the cilantro.





HEAVY

Cream Nacho Dip



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 1

Calories 1970.9

Fat 161.6g

Cholesterol 455.3mg

Sodium 2529.7mg

Carbohydrates 100.1g

Protein 45.2g

Ingredients

1 (435 g) can refried beans

1 ¼ C. heavy cream

1 (35 g) packets taco seasoning mix,
only use 1/2 to 3/4

1 avocado (diced into 1cm pieces)

1 large tomato, ripe (diced into 1cm
pieces)

cracked pepper



salt, to taste

1/2 - 3/4 C. cheese, grated

Directions

1. In a large dish, place the refried beans.
2. In a bowl, mix together the double cream and taco seasoning.
3. Spread the double cream over the beans evenly, followed by the avocado and tomato.
4. Sprinkle everything with salt and black pepper and top with the cheese.
5. Serve alongside the corn chips.

Creamy Avocado Stew

 Prep Time: 15 mins
 Total Time: 55 mins

Servings per Recipe: 4

Calories	410 kcal
Fat	40.6 g
Carbohydrates	12.5g
Protein	3.9 g
Cholesterol	82 mg
Sodium	374 mg

Ingredients

2 avocado, peeled, pitted and diced
1 tbsp chopped shallots
1 tbsp olive oil
2 C. chicken stock
1 C. heavy cream

salt and pepper to taste
1/4 tsp ground nutmeg
1 tomato, peeled, seeded and diced

Directions

1. Add your avocado to the bowl of a food processor and begin to puree it.
2. Begin to stir fry your shallots in olive oil until they are soft then shut the heat.
3. Get a bowl, combine: chicken stock, shallots, cream, and avocado.
4. Stir the mix until it is smooth then add in the nutmeg, some pepper and salt.
5. Place a covering of plastic on the bowl and put the mix in the fridge for 30 mins.
6. When serving the dish top the soup with your tomatoes.
7. Enjoy.

EASY

Greek Style Brown Rice



Prep Time: 20 mins



Total Time: 2 hrs

Servings per Recipe: 8

Calories 224 kcal

Fat 12.7 g

Carbohydrates 24.6g

Protein 4.5 g

Cholesterol 8 mg

Sodium 304 mg



Ingredients

- 1 C. uncooked long grain brown rice
- 2 1/2 C. water
- 1 avocado - peeled, pitted, and diced
- 1/4 C. lemon juice
- 2 vine-ripened tomatoes, diced
- 1 1/2 C. diced English cucumbers
- 1/3 C. diced red onion
- 1/2 C. crumbled feta cheese
- 1/4 C. sliced Kalamata olives
- 1/4 C. chopped fresh mint
- 3 tbsps olive oil
- 1 tsp lemon zest
- 1/2 tsp minced garlic
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper

Directions

1. Boil your water and rice, then place a lid on the pot, set the heat to low, and let the contents gently cook for 47 mins.
2. Once everything is cool, stir the rice.
3. Get a bowl, combine: pepper, avocado, salt, lemon juice, garlic, tomatoes, lemon zest, cucumber, olive oil, onions, mint, olives, and feta.
4. Now add in your rice and stir the entire mix before placing a covering of plastic around the bowl and putting the bowl in the fridge to chill for 60 mins before serving.
5. Enjoy.

The Spring Time Sandwich

 Prep Time: 25 mins
 Total Time: 25 mins

Servings per Recipe: 4

Calories	811 kcal
Fat	56.1 g
Carbohydrates	29.6 g
Protein	46.3 g
Cholesterol	204 mg
Sodium	908 mg

Ingredients

1/2 C. mayonnaise
1/4 C. blue cheese dressing
8 slices multigrain bread
2 cooked chicken breasts, sliced
1 ripe avocado, sliced
8 slices cooked bacon

2 hard-boiled eggs, minced
4 lettuce leaves

Directions

1. Get a bowl and mix the blue cheese with some mayo.
2. Coat your bread with 2 tbsps of this mix.
3. Place a quarter of your chicken breast on four pieces of bread.
4. Then layer the following on each piece: lettuce, avocado, hard-boiled egg, bacon, another piece of bread.
5. Enjoy with some blue cheese on the side for dipping.

MOZZARELLA, Avocado, and Olives Quesadilla



Prep Time: 10 mins

Total Time: 20 mins

Servings per Recipe: 5

Calories 389 kcal

Fat 24.5 g

Carbohydrates 31.8g

Protein 14.6 g

Cholesterol 35 mg

Sodium 457 mg



Ingredients

- 10 (6 inch) corn tortillas
- 2 C. shredded mozzarella cheese
- 1 (2 oz.) can sliced black olives
- 2 avocados - peeled, pitted and sliced
- 2 tsps hot pepper sauce

Directions

1. Toast your tortilla in a pan for 2 mins per side. Then layer one fourth of your cheese, some avocado, olives, and hot sauce. Top with another tortilla to form a quesadilla.
2. Place a lid on the pan and after 1 min turn it to its opposite side. Place the quesadilla to the side and repeat.
3. Cut the quesadilla in half before serving.
4. Enjoy.

Pepperoncini Sandwich

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	496 kcal
Fat	32.5 g
Carbohydrates	46.3g
Protein	11.4 g
Cholesterol	32 mg
Sodium	1024 mg

Ingredients

- 2 thick slices whole wheat bread
- 2 tbsps cream cheese, softened
- 6 slices cucumber
- 2 tbsps alfalfa sprouts
- 1 tsp olive oil
- 1 tsp red wine vinegar
- 1 tomato, sliced
- 1 leaf lettuce
- 1 oz. pepperoncini, sliced
- 1/2 avocado, mashed

Directions

1. Layer one piece of bread with the following: 1 tbsp of cream cheese, alfalfa sprouts, oil and vinegar, cucumber pieces, tomatoes, pepperoncini, and lettuce.
2. Coat another piece of bread with avocado and form a sandwich.
3. Enjoy.

HONEY

Avocado and Apples



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 294 kcal

Fat 15.9 g

Carbohydrates 41.4g

Protein 3.2 g

Cholesterol 0 mg

Sodium 10 mg

Ingredients

2 avocado, peeled, pitted and diced

1 large red apple, cored and diced

2 tbsps honey

1/2 C. raisins, soaked in water and drained

1 tbsp hulled sunflower seeds

Directions

1. Get a bowl, combine: raisins, apples, and avocados.
2. Stir the mix to distribute the raisins then top everything with the sunflower seeds and the honey.
3. Enjoy.

Jalapeno Gazpacho



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 4

Calories 155 kcal

Fat 7.9 g

Carbohydrates 19.4g

Protein 4 g

Cholesterol 0 mg

Sodium 248 mg

Ingredients

2 C. shredded zucchini
1 onion, coarsely diced
1 avocado - peeled, pitted, and coarsely
diced
1/2 C. canned garbanzo beans, drained
1/4 C. apple cider vinegar
1 jalapeno pepper, seeded and minced
2 tsps lemon juice (optional)

1 clove garlic, smashed
1/4 tsp salt, or more to taste
1/4 tsp ground black pepper, or more to taste

Directions

1. Get a bowl, combine: pepper, zucchini, garlic, salt, onions, lemon juice, avocado, jalapeno, garbanzos, and cider vinegar.
2. Stir the mix to evenly distribute the contents and place a covering of plastic around the bowl.
3. Put everything in the fridge for 2 hrs.
4. Enjoy.

CARIBBEAN-MEXICAN

Dinner



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 1054 kcal

Fat 60.6 g

Carbohydrates 109.9g

Protein 33.8 g

Cholesterol 39 mg

Sodium 718 mg

Ingredients

Coconut Lime Rice:

1 tsp coconut oil

1 1/2 C. Basmati Rice - cooks in 10 minutes

2 (13.5 oz.) cans light coconut milk

2 limes, zested and juiced

salt to taste

Roasted Corn, Jalapenos, & Chicken:

4 corn tortillas, cut each into 1/4-inch strips

nonstick cooking spray

2 jalapeno chile peppers

1 (15.25 oz.) can whole kernel corn, well drained

1 tbsp canola oil, divided

8 oz. skinless, boneless chicken breasts, cut into bite-size pieces

2 tbsp chili powder

1 tbsp ground cumin

1 C. canned black beans, drained

1 C. chopped fresh tomatoes

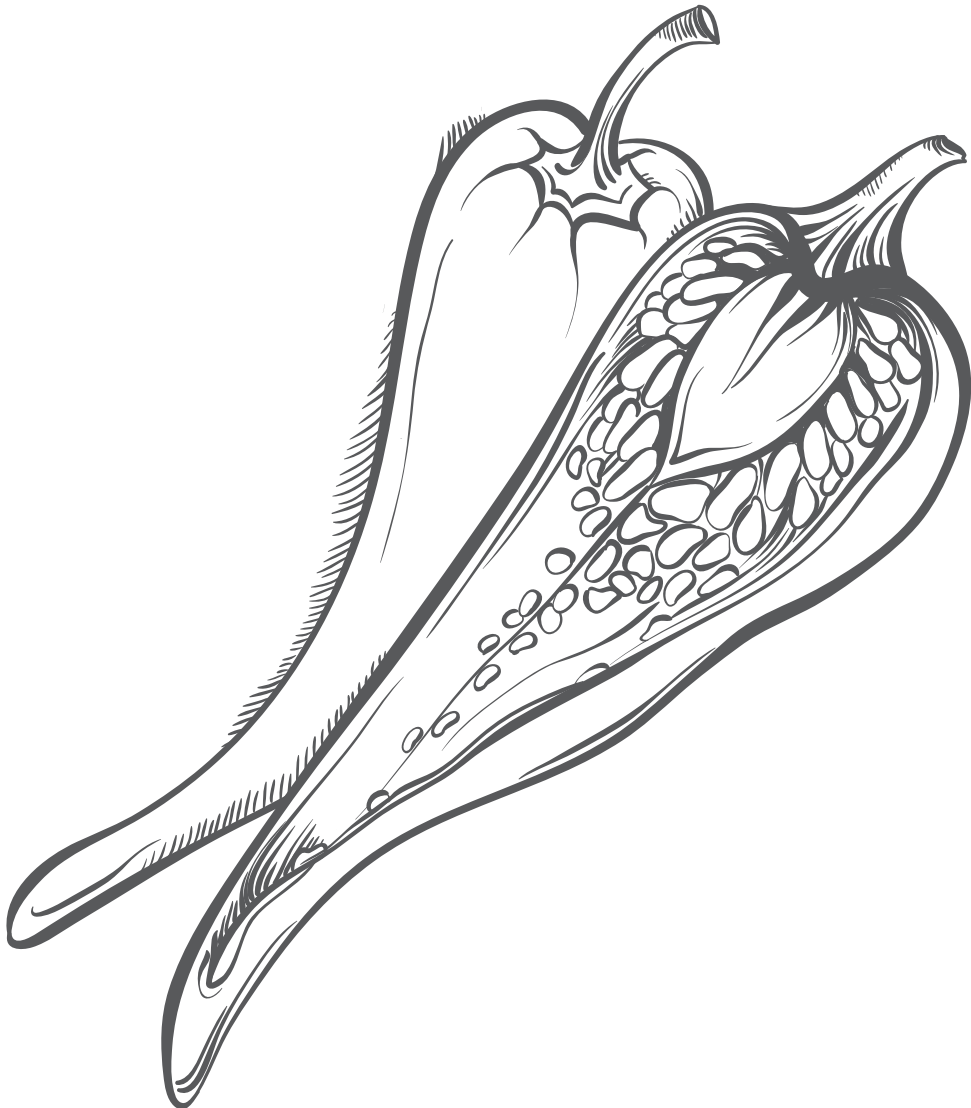
1 avocado - peeled, pitted and diced

4 tbsp sour cream

Directions

1. Set your oven to 400 degrees F before doing anything else and lightly grease a baking sheet.
2. In a large pan, heat the oil on medium heat and stir fry the rice for about 1 minute.
3. Stir in the coconut milk, then increase the heat and bring everything to a boil.
4. Reduce the heat to low and simmer, covered for about 35 minutes.
5. Remove everything from the heat and keep aside, covered for about 10 minutes.
6. With a fork, fluff the rice and stir in the lime zest, salt and lime juice.
7. Cover the pan to keep it warm.
8. Arrange the tortilla strips onto the prepared baking sheet and cook everything in the oven for about 30 minutes.

9. With tongs, hold the jalapeño peppers and place them over the burner of your stove for about 3 minutes, while continually turning the pepper.
10. Immediately, transfer the peppers into a plastic bag and seal it tightly, then keep it aside for about 5-10 minutes.
11. Remove the stems, skin and seeds then chop them.
12. Grease a nonstick skillet with cooking spray and heat on medium-high heat.
13. Add the corn and cook for about 1-3 minutes.
14. Transfer the corn into a bowl.
15. In the same skillet, heat the oil on medium-high heat and stir fry the chicken, cumin and chili powder for about 2-3 minutes.
16. Stir in the corn and beans and cook for about 5 minutes.
17. Divide the rice into serving bowls and top with the chicken mixture and tomatoes.
18. Serve with a topping of sour cream alongside the tortilla strips.







CHICKEN Club



Prep Time: 15 mins



Total Time: 16 mins

Servings per Recipe: 2

Calories 1525 kcal

Fat 104 g

Carbohydrates 182.7g

Protein 69.3 g

Cholesterol 1186 mg

Sodium 2053 mg

Ingredients

Spicy Mayo:

1/2 C. mayonnaise

1/2 C. plain yogurt

2 chipotle chilis in adobo sauce, finely
diced

Wraps:

2 large spinach tortillas

1/2 C. shredded lettuce, or to taste

1 1/2 C. shredded Monterey Jack cheese

1 Haas avocado - peeled, pitted, and
diced

4 slices cooked bacon, diced

1 red onion, finely diced

1 tomato, diced

2 cooked chicken breasts, cut into chunks

Directions

1. Get a bowl, combine: chilies, mayo, and yogurt.
2. Microwave your tortillas for 45 secs then layer 1 tbsp of chipotle sauce on each tortilla.
3. Now layer half of the following on each tortilla: chicken, lettuce, tomato, Monterey, onions, avocados, and bacon.
4. Form the tortillas into burritos and serve your wraps.
5. Enjoy.

California Burger



Prep Time: 10 mins



Total Time: 18 mins

Servings per Recipe: 4

Calories 426 kcal

Fat 22.7 g

Carbohydrates 22.5g

Protein 30.8 g

Cholesterol 92 mg

Sodium 968 mg

Ingredients

1/4 C. finely diced white onion
1/8 C. finely diced bell pepper
3/8 C. cut in half and thinly sliced white mushrooms
2 tsps steak sauce
1 lb lean ground beef
4 whole wheat buns
2 tsps steak sauce

8 leaves lettuce
4 slices large beefsteak tomato
1 ripe Fresh California Avocado, peeled, seeded, and sliced
Ranch Sauce:
4 tbsps light ranch dressing
2 tbsps steak sauce

Directions

1. Get a bowl, combine: beef, onions, steak sauce, bell peppers, and mushrooms. Combine the mix with your hands.
2. Now form the mix into patties of your preferred size. Fry each burger for 5 mins per side.
3. Get a 2nd bowl, combine: 2 tbsp steak sauce and ranch dressing.
4. At the same time toast the buns under the broiler.
5. Once the bread is toasted coat the bottom half with 1/2 a tsp steak sauce, avocado, tomato, and lettuce.
6. Coat the top half of the bun with the ranch mix. Then place your patty on the bottom half and form a burger.
7. Enjoy.

VEGGIE

& Noodles Spring Rolls with Creamy Sauce



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 8

Calories 292 kcal

Fat 16.4 g

Carbohydrates 32.2g

Protein 7.6 g

Cholesterol 0 mg

Sodium 403 mg

Ingredients

For Rolls:

- 4-oz. dry rice noodles
- 1 C. red cabbage, shredded
- 2 carrots, peeled and julienned
- 1 English cucumber, peeled and julienned
- 1 red bell pepper, seeded and julienned
- 16 fresh mint leaves
- 16 fresh basil leaves
- 2 avocados, peeled, pitted and sliced thinly
- 16 rice paper sheets

For Sauce:

- 1/2 C. unsweetened coconut milk
- 1/2 C. creamy peanut butter
- 2 tbsps fresh lime juice
- 2 tbsps soy sauce
- 2 tsps hot sauce
- 1/2 tsp sesame oil, toasted
- 1 garlic clove, minced

Directions

1. In a large pan of boiling water, cook the noodles according to the package's directions.
2. In a large bowl, mix together all the vegetables and fresh herbs.
3. Soak the rice papers in a bowl of warm water till soft and transfer onto a smooth surface.
4. In the center of each rice paper, place the vegetable mixture, followed by the rice noodles and avocado evenly.
5. Roll the papers, one by one around the filling and with your wet fingers brush the edges and press to seal completely.
6. In a large bowl, add all the sauce ingredients and mix till well combined.
7. Cut each roll in half and serve with sauce.

Mexico City Tacos



Prep Time: 20 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 521 kcal

Fat 34.9 g

Carbohydrates 16.3g

Protein 34.9 g

Cholesterol 115 mg

Sodium 1062 mg

Ingredients

- 1 1/2 lb. ground beef
- 1 onion, diced
- 1/2 (4 oz.) can diced jalapeno peppers
- 1 (1 oz.) package taco seasoning mix
- 2 C. shredded lettuce
- 1 tomato, chopped
- 1/2 C. shredded reduced-fat Cheddar cheese
- 1/4 C. salsa
- 1/4 C. low-fat sour cream
- 1 avocado - peeled, pitted, and sliced

Directions

1. Heat a large nonstick skillet on medium-high heat and cook the ground beef, onion and jalapeño peppers for about 7-10 minutes, stirring occasionally.
2. Add the taco seasoning and bring to a simmer.
3. Cook for about 5 minutes.
4. In a large bowl, add the beef mixture, shredded lettuce, tomato, Cheddar cheese, salsa and sour cream and mix till well combined.
5. Divide the taco mixture in 4 serving bowls and serve with a topping of the avocado slices.

HOUSTON Club Wrap



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 8.0

Fat 0.0g

Cholesterol 0.0mg

Sodium 5.8mg

Carbohydrates 1.6g

Protein 0.4g

Ingredients

1 leaf red leaf lettuce

1 slice turkey breast

1 slice turkey ham, optional

1 slice tomatoes

1 slice avocado, mashed

1 tsp lime juice

1 leaf arugula

1 tbsp sugar-free ranch dressing

Directions

1. Get a mixing bowl: Mix in it the avocado with lime juice and a pinch of salt to make the salsa.
2. Lay a lettuce leaf on a cutting board. Top it with turkey, ham, tomato, avocado salsa, and arugula.
3. Wrap it around the filling tightly and press into it a toothpick to secure it.
4. Serve you wrap right away.
5. Enjoy.

Ventura Wraps



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 693.8

Fat 49.1g

Cholesterol 75.0mg

Sodium 886.0mg

Carbohydrates 54.3g

Protein 14.4g

Ingredients

1 (8 oz.) packages cream cheese, softened
1/2 C. sour cream
1 (4 oz.) cans chopped green chilies,
drained
1 tbsp taco seasoning
4 (10 inches) flour tortillas, warmed

2 medium ripe avocados, peeled and sliced
2 plum tomatoes, sliced
5 green onions, sliced
1 (4 oz.) cans sliced ripe olives, drained

Directions

1. Get a mixing bowl: Whisk in it the cream cheese, sour cream, chilies and taco seasoning until they become smooth.
2. Place the tortillas on a serving plate. Pour 1/4 C. of cream over each tortilla.
3. Arrange over them the avocado with tomato, onion, and olives. Fold your tortillas then serve them.
4. Enjoy.

PERUVIAN

Salad Dressing (Cilantro Based)



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 12

Calories 42 kcal

Fat 4.1 g

Carbohydrates 1.6g

Protein < 0.3 g

Cholesterol < 0 mg

Sodium 2 mg

Ingredients

1/3 C. olive oil

1 clove garlic, minced

3/4 C. diced fresh cilantro

2 avocados, peeled, seeded and cubed

1 large cucumber, peeled, seeded and cut into chunks

1/4 C. lemon juice

salt and pepper to taste

Directions

1. Puree all the ingredients in a food processor for 1 min while pouring in the olive oil.
2. Once all the oil has been added continue to puree the dressing for another 60 secs.
3. Add in some pepper and salt then pulse the dressing a few more times until it is smooth.
4. Enjoy chilled.

Grilled Halibut Tacos



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 689.0

Fat 27.6g

Cholesterol 91.9mg

Sodium 1322.6mg

Carbohydrates 68.0g

Protein 46.0g

Ingredients

4 halibut steaks
olive oil
salt and pepper
1 lime, juiced
3 medium ripe Hass avocados, scooped
1 lemon, juiced
1/2 tsp cayenne pepper
1 C. plain yogurt
1 tsp salt

2 plum tomatoes, seeded and chopped
2 scallions, sliced
1 romaine lettuce hearts
12 flour tortillas

Directions

1. Before you do anything, preheat the grill and grease it.
2. Coat the halibut fillets with some olive oil. Sprinkle over them some salt and pepper.
3. Place the fish fillets on the grill and cook them for 4 to 6 min on each side. Drizzle over them the juice of 1 lime while they're cooking.
4. Get a food processor: Blend in it the avocado flesh, lemon juice, cayenne pepper, yogurt and salt.
5. Pour the mixture into a bowl. Fold into it the diced tomato and scallions to make the guacamole.
6. Heat the tortillas in a pan. Flake the fish and place divide it between the tortillas.
7. Top them with the guacamole followed by the shredded lettuce and your other favorite toppings.
8. Fold your tacos then serve them right away.
9. Enjoy.

CHICKEN SOUP

Spicy Mexican Style



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 377 kcal

Fat 19.1 g

Carbohydrates 30.9g

Protein 23.1 g

Cholesterol 46 mg

Sodium 943 mg



Ingredients

- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 2 tsp chili powder
- 1 tsp dried oregano
- 1 (28 oz.) can crushed tomatoes
- 1 (10.5 oz.) can condensed chicken broth
- 1 1/4 C. water
- 1 C. whole corn kernels, cooked
- 1 C. white hominy
- 1 (4 oz.) can chopped green chili peppers
- 1 (15 oz.) can black beans, rinsed and drained
- 1/4 C. chopped fresh cilantro
- 2 boneless chicken breast halves, cooked and cut into bite-sized pieces
- Crushed tortilla chips
- Sliced avocado
- Shredded Monterey Jack cheese
- Chopped green onions

Directions

1. In a large pan, heat the oil on medium heat and sauté the onion and garlic till soft.
2. Stir in the chili powder, oregano, tomatoes, broth and water and bring to a boil.
3. Simmer for about 5-10 minutes.
4. Stir in the corn, hominy, chilis, beans, cilantro, and chicken and simmer for about 10 minutes.
5. Transfer the soup into serving bowls and serve with a topping of the crushed tortilla chips, avocado slices, cheese and chopped green onion.

Avocado Milkshakes in the Philippines

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 6

Calories	336 kcal
Carbohydrates	37.6 g
Cholesterol	18 mg
Fat	19.1 g
Protein	7.8 g
Sodium	84 mg

Ingredients

1 avocado - peeled, pitted, and cubed
5 cubes ice
3 tbsps white sugar
1 1/3 C. milk

1 tsp fresh lemon or lime juice
1 scoop vanilla ice cream

Directions

1. Blend all the ingredients mentioned above in a blender until required smoothness is achieved.
2. Serve.





SEATTLE

Couscous Salad



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 317.0

Fat 6.5g

Cholesterol 9.8mg

Sodium 222.9mg

Carbohydrates 53.4g

Protein 12.3g

Ingredients

1 1/2 C. couscous

1 1/2 C. vegetable stock

1/4 tsp cumin

1/4 tsp coriander

1/4 tsp turmeric

1/4 tsp black pepper

1/4 tsp oregano

1/4 C. cilantro, chopped

3 tomatoes, seeded and diced

3 garlic cloves, minced

1/4 red onion, diced

1 carrot, grated

1/2 C. frozen corn, thawed

1/2 C. frozen peas, thawed

1/2 avocado, diced

1/2 C. canned chick-peas, drained and rinsed

1/2 C. canned black beans, drained and rinsed

1/2 C. cheddar cheese, grated

Directions

1. Place a pot over medium heat. Heat in it the stock until it starts boiling. Add the couscous and put on the lid.
2. Let it sit for 10 min. Fluff it with a fork.
3. Get a mixing bowl: Toss in it the remaining ingredients.
4. Add the couscous and stir them well. Adjust the seasoning of your salad then serve it.
5. Enjoy.

Baja Avocados



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 8

Calories 204.0

Fat 14.5 g

Cholesterol 0.0 mg

Sodium 19.9 mg

Carbohydrates 18.0 g

Protein 4.4 g

Ingredients

4 Hass avocados, halved and pitted
2 tbsp lemon juice
2 tbsp extra virgin olive oil
Salsa
8 oz. gold & white corn, strained
1/2 tbsp ground cumin
8 oz. black beans, strained
1/2 tbsp chili powder

1 medium tomatoes, diced
1 tbsp cilantro, chopped
1/2 medium white onion, diced
salt & pepper
corn chips

Directions

1. Set your grill for medium-high heat and grease the grill grate.
2. Coat each avocado half with the lemon juice and then with the oil evenly.
3. Arrange each avocado half onto the grill, skin side down and cook for about 4 minutes, flipping once half way through.
4. Meanwhile, for the salsa: in a bowl, add all the ingredients and mix well.
5. Enjoy the avocados warm with a topping of the salsa.

SOUTHERN HONEY and Dijon Collard Green Salad



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 421 kcal

Fat 27.8 g

Carbohydrates 43.8g

Protein 7.5 g

Cholesterol 0 mg

Sodium 394 mg

Ingredients

Salad:

4 collard leaves, trimmed and finely chopped
1/3 bunch kale, trimmed and chopped
1 head romaine lettuce, chopped
1/4 small head red cabbage, chopped
1 Bosc pear, cubed
1/2 Bermuda onion, finely diced
1/2 orange bell pepper, diced
1/2 Florida avocado - peeled, pitted, and diced
1/2 carrot, grated
5 cherry tomatoes, halved
7 walnut halves, crushed
2 tbsp raisins

Dressing:

6 tbsp olive oil
3 tbsp balsamic vinegar
1 tbsp wildflower honey
1 tbsp oregano, crushed
1 1/2 tsp chili powder
1 tsp Dijon mustard
1 clove garlic, minced
1/2 tsp salt
1/4 tsp crushed black peppercorns

Directions

1. In a large bowl, mix together all salad ingredients.
2. In a jar, add all dressing ingredients.
3. Seal the jar and shake well to combine.
4. Pour the dressing over salad and toss to coat well.
5. Serve immediately.

A Skinny Dinner



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 3

Calories 495 kcal

Fat 36.8 g

Carbohydrates 7.3g

Protein 34.7 g

Cholesterol 144 mg

Sodium 579 mg

Ingredients

3/4 lb. boneless, skinless chicken breast halves

Olive oil

Salt and ground black pepper, to taste

1 (7.75 oz.) package DOLE(R) Extra

Veggie(TM) with Grape Tomatoes

1 avocado, peeled and cubed

2 slices bacon, cooked, drained and crumbled

1 hard-cooked egg, peeled and chopped

1/4 C. crumbled blue cheese

Bottled blue cheese dressing, to taste

Directions

1. Set your grill for medium-high heat and lightly, grease the grill grate.
2. Coat the chicken breast halves with the oil and season with the salt and black pepper.
3. Cook the chicken breast halves on grill for about 8-12 minutes, flipping once.
4. remove from grill and place the chicken breast halves onto a cutting board to cool slightly.
5. Then, cut chicken into thin strips.
6. In a large bowl, mix together the chicken strips, bacon, egg, salad blend, tomatoes from pouch, avocado and blue cheese.
7. Add the blue cheese dressing and toss to coat well.
8. Serve immediately.



Guacamole



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 94 kcal

Fat 7.7 g

Carbohydrates 6.8g

Protein 1.5 g

Cholesterol 0 mg

Sodium 6 mg

Ingredients

10 fresh tomatillos, husks removed

2 fresh jalapeno peppers, stems removed

1 bunch fresh cilantro, stems trimmed

1/3 cup fresh basil, diced finely

3 avocados, peeled and pitted



1 tablespoon garlic powder

salt to taste

Directions

1. Get your jalapenos and tomatillos boiling in water for 12 mins.
2. Now add the tomatillos and peppers to a food processor a little at a time to puree the mix completely. Once everything has been pureed nicely add in the avocados, cilantro, and basil and continue pureeing the mix for 60 secs.
3. As you are processing this mix add in some of the water from the boiling process to the mix smooth. Now add in some salt and garlic powder to your liking then puree the mix one last time.
4. Place everything in a container for serving.
5. Enjoy.

Coarse Garlic Guacamole

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 8
Calories 68 kcal
Fat 6.2 g
Carbohydrates 3.6g
Protein 0.9 g
Cholesterol 0 mg
Sodium 60 mg

Ingredients

2 (6 ounce) avocados, pitted peeled and
mashed

1/4 teaspoon coarse garlic salt

1/2 tsp creole seasoning

Directions

1. Get a bowl, combine: garlic salt, avocado, and creole spice mix. Mash everything with a masher until it smooth.
2. Place the mix into a dish for serving with the pit in the middle. Put everything in the fridge with a covering of plastic until it is cold.
3. Enjoy.

ANNABELLE'S Guacamole



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 8

Calories 111 kcal

Fat 9.4 g

Carbohydrates 4.9g

Protein 3.4 g

Cholesterol 79 mg

Sodium 85 mg



Ingredients

2 avocados - peeled, pitted, and mashed salt to taste (optional)
3 hard-boiled eggs
2 tablespoons lemon juice
1 teaspoon lemon pepper

Directions

1. Get a bowl for serving then combine in your eggs and avocado. Process the mix evenly with your masher then combine in your lemon pepper, and lemon juice.
2. Add in some salt and continue to work the mix until it is smooth.
3. Enjoy.

Mediterranean Guacamole

 Prep Time: 20 mins
 Total Time: 55 mins

Servings per Recipe: 10
Calories 22 kcal
Fat 0.3 g
Carbohydrates 4.1g
Protein 1.9 g
Cholesterol 1 mg
Sodium 10 mg

Ingredients

1 1/2 pounds asparagus, cut into small pieces
1 tablespoon fat-free Greek-style yogurt
1 tablespoon lime juice
1/4 cup chopped fresh cilantro
3 green onions, thinly sliced
1/2 jalapeno pepper, minced
1 tablespoon minced garlic
1 tomato, diced
1/2 teaspoon Worcestershire sauce
1 dash hot pepper sauce
salt and ground black pepper to taste

Directions

1. Get a steamer insert and put it into a large soup pot. Add in about 3 inches of hot water and get everything boiling. Place your spears of asparagus into the steamer insert, place a lid on the pot, and let everything steam for 7 mins. Place the spears into a blender and process them until they are smooth.
2. Get a bowl, combine in: hot sauce, yogurt, Worcestershire, lime juice, tomato, cilantro, garlic, jalapeno, and green onions. Stir the mix until it is smooth then add in your asparagus and stir everything again. Add in some pepper and salt then place everything in the fridge until it cool.
3. Enjoy.

TOPPED Seafood Tacos



Prep Time: 3 mins

Total Time: 10 mins

Servings per Recipe: 2

Calories 316.4

Fat 18.8 g

Cholesterol 7.2 mg

Sodium 152.2 mg

Carbohydrates 32.3 g

Protein 8.3 g

Ingredients

Sauce

1 large avocado, chopped
1/2 C. water
1/4 C. loosely packed cilantro
1/2-1 large pickled jalapeno pepper,
seeded

1 tbsp fresh limes
1 large garlic clove

kosher salt
black pepper

Marinade

1 tbsp olive oil
1/2 limes, zest
1 tbsp limes
1 garlic clove, minced
kosher salt

pepper



Tacos

4 -6 large sea scallops
olive oil
1/2 C. green cabbage, sliced
1/4 C. red onion, sliced
1 -1 1/2 tsp cilantro, chopped
4 corn tortillas

Directions

1. Get a food processor: Combine it all the sauce ingredients. Blend them smooth to make the sauce.
2. Get a mixing bowl: Whisk in it the marinade ingredients.
3. Cut each scallop in half. Stir into it into the marinade.
4. Put on the lid and chill it in the fridge for 16 min. Get a mixing bowl: Combine in it the cabbage with onion and cilantro.
5. Place a large pan over medium heat. Hat in it the olive oil.
6. Drain the scallops from the marinade. Cook them in the hot oil for 40 sec to 1 min on each side.
7. Heat the tortillas in a pan or a microwave. Place them on serving plates.
8. Top each one of them with the cabbage salad, scallops, and avocado sauce.
9. Wrap your tortillas then toast them in a grill pan or a grill. Serve them warm.
10. Enjoy.

American Shrimp Flatbreads

 Prep Time: 15 mins
 Total Time: 30 mins

Servings per Recipe: 4

Calories	116.7
Fat	9.2 g
Cholesterol	17.9 mg
Sodium	330.1 mg
Carbohydrates	3.2 g
Protein	5.7 g

Ingredients

1/2 C. tomato sauce	1/8 tsp cumin
2 C. Traditional Mashed Potatoes	1/16 tsp salt
1 tbsp milk	1 pinch ground pepper
1/4 C. alfredo sauce	2 pieces avocados
2 tsp cilantro, chopped	2 slices swiss cheese
1/16 tsp salt	2 slices American cheese
1 pinch ground pepper	
4 pieces naan bread	
16 pieces shrimp, peeled and deveined	
1 tbsp extra virgin olive oil	

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Place a large saucepan over medium heat. Combine in it the potatoes with milk.
3. Heat them while stirring until they become creamy.
4. Pour the mixture into a greased baking dish. Pour over it the alfredo sauce.
5. Bake it for 8 to 12 min until it starts bubbling.
6. Garnish it with cilantro, a pinch of salt and pepper. Place it aside to cool down for a while.
7. Place a small pan over medium heat. Heat in it the oil.
8. Stir in it the shrimp with cumin, a pinch of salt and pepper.
9. Cook them for 3 to 5 min while stirring.
10. Slice the naan bread in half. Spoon to it the tomato sauce, avocado, mashed potato, grilled shrimp, American cheese and Swiss cheese.
11. Place the sandwiches on a baking sheet. Broil them in the oven for 3 to 4 min. Serve them warm.
12. Enjoy.





CHIPOTLE

Bacon and Eggs



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 381 kcal

Fat 29.6 g

Carbohydrates 12.2g

Protein 20.5 g

Cholesterol 310 mg

Sodium 553 mg

Ingredients

4 slices bacon, chopped	3 vine-ripened tomatoes, chopped
6 eggs	1 avocado - peeled, pitted, and chopped
2 tbsps sour cream	1 (6 oz.) package fresh spinach
1 tbsp oil, or as needed	1/2 cup shredded Cheddar cheese
1 tbsp chipotle-flavored hot sauce (such as Tabasco(R) Chipotle Pepper Sauce)	salt and ground black pepper to taste

Directions

1. Get a bowl, evenly mix: sour cream and eggs.
2. Fry your bacon for 11 mins. Then remove oil excess with some paper towels.
3. Now you want to cook your eggs in oil in a frying pan for 7 minutes with your hot sauce.
4. Add in your spinach, avocados and tomatoes and cook for 1 more min.
5. Finally top everything with cheddar and a bit more pepper and salt. Let the cheese melt with another .5 to 1 min of cooking time.

Mexican Style Tofu



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 8

Calories 278 kcal

Fat 18.3 g

Carbohydrates 20.2g

Protein 11 g

Cholesterol 15 mg

Sodium 382 mg

Ingredients

1 (16 oz.) package garden herb tofu, crumbled
2 tbsps vegetable oil
1 clove garlic, minced
1/2 C. chopped onion
2 tsps chili powder
1/4 tsp paprika
1/4 tsp cayenne pepper
1/4 tsp ground cumin
1/4 tsp salt
1/2 lime, juiced

1/2 C. tomato sauce
1/4 C. chopped fresh cilantro
10 medium taco shells, heated
2 C. shredded lettuce
2 tomatoes, chopped
1 avocado - peeled, pitted and diced
1 C. shredded Cheddar cheese
1/4 C. salsa

Directions

1. For 7 mins stir fry your onions, garlic, and tofu in oil. Then combine in the tomato sauce, chili powder, lime juice, paprika, salt, cayenne, and cumin.
2. Continue cooking for 5 more mins. Then add the cilantro.
3. Fill your shells with the mix and then layer some salsa, lettuce, cheese, avocados, and tomatoes.
4. Enjoy.

SANTA CLARA

Bacon Lettuce and Tomato



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 2519.3

Fat 52.2g

Cholesterol 58.0mg

Sodium 5232.4mg

Carbohydrates 387.1g

Protein 127.3g

Ingredients

- 1/4 C. mayonnaise
- 1 pinch chili powder
- 1 pinch fresh jalapeno, chopped
- 1 pinch pepper
- 4 thick slices whole wheat bread
- 8 slices turkey bacon, crisply fried
- 6 slices tomatoes, thinly sliced
- 1 slice avocado, thinly sliced
- 1 sprig cilantro, roughly chopped
- lettuce leaf, washed

Directions

1. In a bowl, mix together the mayonnaise, pinch of chili powder and chopped fresh jalapeño pepper and keep aside.
2. Toast the bread slices lightly.
3. Spread the mayonnaise mixture over one side of each slice evenly.
4. Place the bacon over 2 slices, followed by the tomato, avocado, cilantro sprigs and lettuce.
5. Top with remaining 2 slice to make sandwiches

South-American Sushi



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 332 kcal

Fat 15.6 g

Cholesterol 40.5g

Sodium 9.3 g

Carbohydrates 11 mg

Protein 708 mg

Ingredients

3 oz. low-fat cream cheese, softened
1 1/2 tbsp seeded and finely chopped
chipotle in adobo
1 large plain flour tortilla
1 large tomato-flavored tortilla
1 large spinach-flavored tortilla
3/4 C. low-fat refried black beans
6 tbsp pico de gallo salsa

1 1/2 Avocados from Mexico, peeled, pitted
and diced
3/4 C. chopped cilantro leaves

Directions

1. In a bowl, mix together the cream cheese and chipotle.
2. Heat the tortillas in microwave to soften.
3. Spread about 2 tbsp of the chipotle cream cheese, 1/4 C. of black beans and 2 tbsp of the salsa over each tortilla.
4. Top with 1/3 of the avocado and cilantro.
5. Roll up the tortillas tightly.
6. With a plastic wrap, wrap the each tortilla and refrigerate.
7. Just before the serving, trim the ends.
8. Cut each roll across into 6 pieces.

HOW TO MAKE Classical Ceviche



Prep Time: 30 mins



Total Time: 1 d 1 h

Servings per Recipe: 12

Calories 208 kcal

Fat 9.1 g

Carbohydrates 12.4g

Protein 20.6 g

Cholesterol 76 mg

Sodium 169 mg

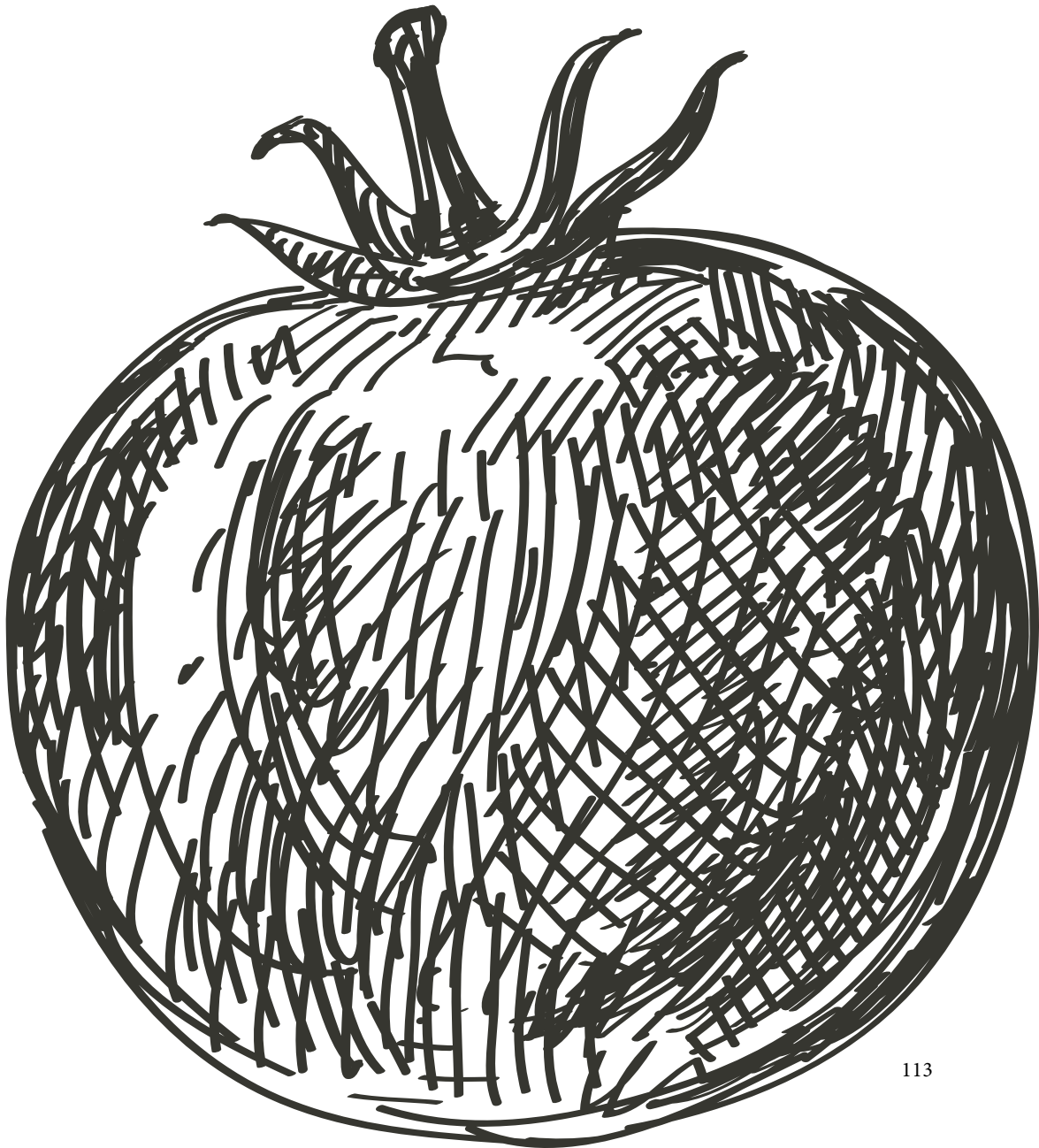
Ingredients

- 3 large tomatoes
- 4 jalapeno peppers
- 1/2 onion
- 2 tbsp olive oil
- 1 lb. shrimp - peeled, deveined, and chopped
- 1 lb. halibut, diced
- 1/2 lb. small bay scallops
- 1 C. lime juice
- 1 C. tomato juice
- 3/4 C. fresh squeezed orange juice (orange halves reserved)
- 1/4 C. lemon juice
- Pico de Gallo:
 - 6 green onions, finely chopped
 - 3 large fresh jalapeno peppers, seeded and finely chopped
 - 2 avocados, diced
 - 1 tomato, diced
 - salt and ground black pepper to taste

Directions

1. Set the broiler of your oven and arrange oven rack about 6 -inch from the heating element.
2. Line a baking sheet with a piece of foil.
3. In a large bowl, add the whole tomatoes, whole jalapeño peppers, onion and olive oil and stir to combine.
4. Spread the vegetable mixture onto the prepared baking sheet.
5. Cook under the broiler for about 5-8 minutes.
6. Transfer peppers and tomatoes to a bowl and with a plastic wrap, tightly seal it.
7. Steam the peppers and tomatoes for about 20 minutes.
8. Remove and discard skins and seeds.
9. Make an ice bath in a large bowl set in the sink.
10. In a pan of boiling water, blanch the shrimp, halibut and scallops for about 1 minute.

11. Drain and immediately plunge into the ice bath till chilled completely.
12. Drain seafood mixture well and transfer into a large glass bowl.
13. In a blender, add the roasted tomatoes, roasted jalapeño peppers, roasted onion, lime juice, tomato juice, orange juice and lemon juice and pulse till smooth.
14. Place the pureed mixture over the seafood mixture.
15. With a plastic wrap, cover the bowl and refrigerator for at least 24 hours.
16. In another bowl, mix together the green onions, chopped jalapeño peppers, avocados and diced tomato.
17. In the bowl of seafood mixture, add the green onion mixture, salt and pepper and mix.



SIESTA

Ceviche



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 4

Calories 195 kcal

Fat 8.3 g

Carbohydrates 17.4g

Protein 15.6 g

Cholesterol 125 mg

Sodium 154 mg

Ingredients

- 2 C. chopped cooked shrimp meat
- 1 C. chopped red bell pepper
- 1 C. chopped fresh pineapple
- 1 avocado, peeled, pitted and chopped
- 1/2 red onion, finely chopped
- 1/2 bunch cilantro, chopped
- 1 clove garlic, minced
- 1 serrano pepper, minced
- 2 limes, juiced
- salt and pepper to taste

Directions

1. In a glass bowl, mix together the shrimp, bell pepper, pineapple, avocado, onion, cilantro, garlic, Serrano pepper, lime juice, salt and pepper.
2. Refrigerate, covered for about 1 hour before serving.

Sunday Brunch Ceviche



Prep Time: 1 hr 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 4

Calories 352 kcal

Fat 10.9 g

Carbohydrates 24.3g

Protein 40.5 g

Cholesterol 346 mg

Sodium 652 mg

Ingredients

2 lb. large shrimp - peeled, deveined and chopped
3/4 C. fresh lime juice
5 roma (plum) tomatoes, diced
1 white onion, chopped
1/2 C. chopped fresh cilantro
1 tbsp Worcestershire sauce
1 tbsp ketchup

1 tsp hot pepper sauce
salt and pepper to taste
1 avocado - peeled, pitted and diced
16 saltine crackers

Directions

1. In a large bowl, mix together the shrimp and lime juice.
2. Keep aside for about 5 minutes.
3. Stir in the tomatoes, onion and cilantro.
4. Refrigerate, covered for about 1 hour.
5. Remove from the refrigerator and stir in the Worcestershire sauce, ketchup, hot sauce, salt and pepper.
6. Transfer in the glass tumblers and serve with a topping of the avocado pieces alongside the saltine crackers.

CALIFORNIA

x Florida Popsicles



Prep Time: 10 mins



Total Time: 2 hrs 10 mins

Servings per Recipe: 6

Calories 103

Fat 6.7g

Cholesterol 0mg

Sodium 77mg

Carbohydrates 11.3g

Protein 0.8g

Ingredients

1 avocado, peeled and pitted

1/2 C. coconut milk

1/4 C. agave nectar

1/4 C. lime juice

2 tsp. vanilla extract

1/4 tsp. salt

Directions

1. In a food processor, add all the ingredients and pulse until smooth.
2. Transfer the mixture into Popsicle molds evenly.
3. Now, insert 1 Popsicle stick into each mold and place in the freezer for about 2-3 hours.
4. Carefully, remove the popsicles from molds and enjoy.

Victorian Tomato Panini



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 1615.5

Fat 86.1g

Cholesterol 179.1mg

Sodium 2819.7mg

Carbohydrates 138.5g

Protein 73.9g

Ingredients

1 baguette, halved horizontally, toasted	1 avocado, sliced
2 tbsp extra virgin olive oil	salt and pepper
2 large tomatoes, sliced	
1 lb. mozzarella cheese, sliced	
1 pinch dried oregano	
12 basil leaves	

Directions

1. Coat both halves of the bread with olive oil evenly.
2. Place the tomato onto bottom half of the bread, followed by the salt, pepper, Mozzarella, dried Oregano, olive oil, basil leaves, avocado, salt and pepper.
3. Cover with the top half of the bread.
4. Cut the sandwich into desired sized slices and enjoy.





SIMPLE

California Style Panini



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 177.8

Fat 14.9g

Cholesterol 0.0mg

Sodium 113.2mg

Carbohydrates 12.0g

Protein 3.1g

Ingredients

2 avocados, halved and sliced

1/3 C. sun-dried tomato, smoked,
julienned

2 tbsp red onions, diced

2 C. Baby Spinach, lightly packed

16 oz. ciabatta rolls, split in half

Directions

1. Set your panini press to medium as suggested by the manual.
2. Place the avocado slices onto the bottom half of each roll, followed by the tomatoes, onion, and spinach.
3. Place the sandwiches into the panini press and cook for about 4 minutes.
4. Enjoy warm.

Avocado Arepas



Prep Time: 35 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories	716.0
Fat	25.9g
Cholesterol	48.4mg
Sodium	1173.7mg
Carbohydrates	98.3g
Protein	29.3g

Ingredients

Filling

1 lb. boneless skinless chicken breast,
poached, cooled and shredded
1/4 C. chopped cilantro
2 tbsp mayonnaise
1/2 tsp salt
ground black pepper
4 avocados, pitted, peeled and mashed

1/2 lime, juice

Dough

4 C. cold water
3/4 tbsp salt
1 1/2 lb. Venezuelan masa harina
oil

Directions

1. For the filling: in a bowl, add all the ingredients and mix well.
2. Cover the bowl and place in the fridge until cooking.
3. For the dough: in a bowl, add the water and salt and mix.
4. Gradually, add the cornmeal, mixing continuously until well combined.
5. With your hands, knead until a soft dough forms.
6. Make 8 balls from the dough and then gently pat each into a disc.
7. Set your grill for medium heat and lightly, grease the grill grate.
8. Grease a skillet with a thin layer of the oil and place over high heat until heated through.
9. Add the arepas and cook about 1 1/2 minutes per side.
10. Now, transfer the arepas onto the grill and cook for about 10 minutes, flipping once half way through.
11. Carefully, split the arepas in half and then remove some of the middle.
12. Stuff the arepas with the chicken mixture evenly and enjoy hot.

DELIGHTFUL Summer Salsa



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 112 kcal

Fat 7.5 g

Cholesterol 12.6g

Sodium 1.7 g

Carbohydrates 0 mg

Protein 9 mg

Ingredients

2 fresh peaches - peeled, pitted, and diced

1 jalapeno pepper, seeded and minced

1/2 red onion, minced

1/2 red bell pepper, minced

1/4 C. chopped fresh cilantro

2 cloves garlic, grated

1/2 lime, juiced

1/2 lemon, juiced

salt and ground black pepper to taste

1 avocado - peeled, pitted, and diced

Directions

1. In a large bowl, add all the ingredients except the avocado and gently stir to combine.
2. Refrigerate, covered for at least 30 minutes before serving.
3. Gently, fold in the avocado and serve.

The Latin Frittata



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 651.4 kcal

Cholesterol 441.2mg

Sodium 1439.4mg

Carbohydrates 17.1g

Protein 33.0g

Ingredients

1 tbsp olive oil
1 small onion, minced
3/4 lb chorizo sausage, chopped
6 oz. frozen tater tots, thawed
2 fresh garlic cloves, minced
1 C. roasted red pepper, chopped
12 large eggs, beaten
1 C. Monterey Jack cheese, shredded

1 large avocado, sliced
1/8 C. sour cream
1/8 C. salsa
3 tbsps scallions, finely sliced
3 sprigs cilantro leaves, for garnish

Directions

1. Add your tater tots to a bowl and mash them evenly.
2. Combine your chorizo and onions in olive oil and stir fry them for 7 mins.
3. Then add in the tater tots, red pepper, and garlic.
4. Cook everything until the potatoes hot. Then add in the egg mix and combine everything evenly.
5. Set the heat to low and place a lid on the pan.
6. Cook the frittata until the bottom has set then place everything under the broiler for 3 mins.
7. Top the frittata with the cheese and let it sit in the pan with the lid placed on it.
8. Top everything with the cilantro, scallions, salsa, and avocado.
9. Enjoy.

LOS ANGELES Lunch



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 8

Calories 321 kcal

Fat 28.7 g

Carbohydrates 13.5g

Protein 4.9 g

Cholesterol 16 mg

Sodium 419 mg



Ingredients

- 1 tbsp lemon juice
- 1/2 C. mayonnaise
- 1/4 tsp hot pepper sauce
- 1/4 C. olive oil
- 1 clove garlic, peeled and minced
- 1/2 tsp salt
- 1 head romaine lettuce- rinsed, dried and torn into bite sized pieces
- 3 oz. Cheddar cheese, shredded
- 2 tomatoes, diced
- 2 green onions, chopped
- 1/4 (2.25 oz.) can pitted green olives
- 1 C. coarsely crushed corn chips

Directions

1. In a food processor, add avocado, garlic, mayonnaise, hot pepper sauce, olive oil, lemon juice and salt and pulse till smooth.
2. In a large bowl, mix together the romaine lettuce, tomatoes, olives, green onions, Cheddar cheese and corn chips.
3. Pour dressing over and toss to coat well.
4. Serve immediately.

Quinoa Cucumber Salad

 Prep Time: 15 mins
 Total Time: 40 mins

Servings per Recipe: 2

Calories	313 kcal
Fat	19.9 g
Carbohydrates	26.6 g
Protein	10.3 g
Cholesterol	28 mg
Sodium	620 mg

Ingredients

1/2 C. water
1/4 C. quinoa
4 leaves kale, chopped
1/2 avocado - peeled, pitted, and cut into cubes
1/2 tomato, cut into cubes
1/4 cucumber, peeled and cut into cubes
1/4 C. crumbled feta cheese

2 tbsp Italian -style salad dressing

Directions

1. In a pan, add the water and quinoa and bring to a boil.
2. Reduce the heat to medium -low and simmer, covered for about 15-20 minutes.
3. Drain the quinoa into a strainer and run under cold water to cool.
4. In a pan, arrange a steamer basket.
5. In the pan, add enough water to just below the bottom of the steamer and bring to a boil.
6. Add the kale and steam, covered for about 2-3 minutes.
7. Transfer the kale into a bowl and refrigerate for about 3-5 minutes.
8. In a bowl, mix together the quinoa, kale, avocado, cucumber, tomato.
9. Add the Italian dressing and gently, stir to combine.
10. Serve with a sprinkling of the feta cheese.

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