



**DELICIOUSLY** *Fresh*  
**FROM THE GROVE** *To You*



See inside for recipes  
made with locally grown  
California Avocados





CALIFORNIA AVOCADOS

# LOCALLY Grown, SUSTAINABLY Farmed



*Inside every California Avocado is a story.* It's shaped by idyllic conditions, full of rich soil, gentle rain and friendly California sunshine where avocados flourish.

It's crafted with care by dedicated local farmers who work hard to ensure every California Avocado season is worth the wait. Committed to responsible, sustainable growing, their proud hands nurture the land.

When California roots go back generations you know being authentically local isn't about a state of mind. It's about the state.

*The best avocados have California in them.* To understand why, all you have to do is open one up.



SPRING - SUMMER

## California Avocado SEASON



California Avocados are in season spring through summer, and available at select retailers and restaurants. In stores, look for avocados with "California" on the label, and when dining out ask your server for California Avocado specials to ensure you are choosing avocados grown close to home.

California Avocados are  
ethically sourced and grown  
with integrity.





## California Avocado Spinach Artichoke Dip



*Your favorite creamy and delicious dip made lighter with Fresh California Avocados.*

**SERVES** 8  
**TOTAL TIME** 10 minutes

### INGREDIENTS

10 oz. frozen spinach, cooked and cooled\*  
6 oz. frozen artichoke hearts, cooked and cooled  
8 oz. cream cheese, softened  
2 ripe, Fresh California Avocados, seeded, peeled and mashed  
1 clove garlic, minced  
1 Tbsp. Parmesan cheese  
1/2 tsp. sea salt, or to taste

\*May use 16 oz. fresh spinach, cooked, instead

### INSTRUCTIONS

1. Chop the cooked and cooled spinach and artichoke hearts; squeeze out excess moisture and set in a strainer or colander to drain. (Don't skip this step or the dip can be watery.)
2. Mix cream cheese and avocado together until well-combined and creamy. Stir in the garlic, Parmesan cheese and salt.
3. Press any remaining liquid out of the spinach and artichoke mix, then fold into the dip blend. Taste and adjust seasonings, as needed.
4. Serve immediately or place a cover directly on the dip surface and refrigerate for up to 2 hours.

## Grilled Avocado Mango Guacamole

*Sweet and juicy mango pairs perfectly with buttery grilled California Avocados.*

**SERVES** 8  
**TOTAL TIME** 20 minutes

### INGREDIENTS

2 Ataulfo (champagne) mangos, (or other mango), peeled, center core removed  
2 ripe, Fresh California Avocados, halved, peeled and seeded  
1 Tbsp. avocado or olive oil  
1 lime, juiced  
1/2 tsp. sea salt  
1/2 cup finely diced red onion  
1/2 jalapeño, finely diced with some seeds removed  
1/4 cup fresh cilantro, finely chopped (optional)

### INSTRUCTIONS

1. Brush the mangos and avocados with oil covering all sides. Over low heat, grill mango halves 1-2 minutes until grill marks appear, then flip and grill other side 1-2 minutes. Cool, then dice. Over medium heat, grill avocados for 5-7 minutes per side or until grill marks appear.
2. In a large bowl, mash the grilled avocados with lime juice and salt. Add mango, onion, jalapeño and cilantro; stir until well combined. Taste and adjust to your preference.





## Loaded Broccoli Avocado Salad

*This delicious, creamy veggie salad pairs Fresh California Avocados and broccoli florets with all the flavors of a loaded baked potato.*

**SERVES** 4  
**TOTAL TIME** 10 minutes

### INGREDIENTS

4 cups broccoli florets, cut in bite-sized pieces  
2 Tbsp. minced red or green onions  
1/4 cup shredded Cheddar cheese  
1/4 cup chopped bacon pieces  
2 ripe, Fresh California Avocados, seeded, peeled and diced  
1/2 cup ranch or jalapeño ranch dressing  
1/4 small red onion, peeled and sliced

### INSTRUCTIONS

1. In a large bowl, stir together the broccoli, onions, cheese and bacon; set aside.
2. Reserve about 1/4 of the avocado slices. In a separate bowl, mash the remaining avocado slices. Stir in the dressing until well blended, then fold into broccoli mixture until everything is well-coated with dressing.
3. Arrange reserved avocado slices and red onion slices on top of the salad and serve immediately.



## Grilled California Avocado Kale Caesar Salad

*Make lunchtime more delicious with this Caesar salad featuring grilled Fresh California Avocados.*

**SERVES** 4  
**TOTAL TIME** 45 minutes

### INGREDIENTS

2 ripe, Fresh California Avocados, divided  
1/2 cup prepared Caesar dressing  
2 flat anchovies (optional)  
1 bunch Italian lacinato kale (about 8 oz. in a bunch); thick stems discarded and leaves cut crosswise into 1/2 inch-thick shreds  
1 small head radicchio (about 8 oz. for a small head) halved, cored, and cut crosswise into 1/2 inch-thick shreds  
1 cup shaved Parmigiano-Reggiano cheese  
1 cup toasted pepitas

### INSTRUCTIONS

1. Halve, peel and seed the avocados. Coarsely chop 1/2 avocado and place in a blender. Set the remaining avocado halves aside.
2. Add the Caesar dressing and anchovies (if using) to the blender and puree until thick and creamy. If the dressing is too thick, thin it with a little water. Set aside.
3. In a large mixing bowl, combine the shredded kale, half of the shaved cheese, and half of the pepitas. Toss with as much of the dressing as needed to nicely coat the ingredients, reserving the rest to pass with the salad.
4. Divide the salad among 4 shallow bowls and set aside for the kale to soak up the flavors while you grill the avocados.
5. Slice reserved peeled avocados into wedges. Heat a grill pan over medium heat until smoking. Grill the avocado wedges until dark grill marks form on the two cut sides, turning once, about 1 minute per side.
6. Sprinkle the salads with the remaining shaved cheese and pepitas. Arrange warm grilled avocado wedges on top of each salad, sprinkle with freshly ground pepper and serve with reserved dressing.





## Miso Avocado, Mango & Shrimp Salad



*Delicious California Avocados, fresh mangos and miso-marinated shrimp make for a simple, yet delicious weeknight dinner.*

**SERVES** 4  
**TOTAL TIME** 15 minutes

### INGREDIENTS

- 1 cup Japanese miso dressing, divided
- 1 lb. (size 16/20) fresh or frozen shrimp, peeled and deveined
- 1 Tbsp. vegetable or olive oil, or more if needed
- 8 cups salad greens
- 1 ripe mango, seeded, peeled and diced
- 1 ripe, Fresh California Avocado, seeded, peeled and sliced
- 1 tsp. sesame oil
- 1 Tbsp. furikake seasoning

### INSTRUCTIONS

1. Place the raw shrimp and half the miso dressing in a shallow bowl or freezer bag. Refrigerate for at least 2 hours or overnight. Remove shrimp from marinade and discard remaining marinade.
2. In a large skillet, heat oil over medium heat; add the shrimp and sauté just until they are opaque and turning pink, about 2 to 3 minutes. Set aside.
3. Place the salad greens on a serving platter and sprinkle diced mango over the greens. Top with sautéed shrimp.
4. Place avocado slices around the edges of the platter. Drizzle avocado slices with sesame oil, then sprinkle them with furikake.
5. Serve reserved salad dressing with the salad.

## Deli Chicken Soft Tacos with California Avocados

*A quick and easy entrée when using cooked chicken from your favorite deli department and Fresh California Avocados.*

**SERVES** 4  
**TOTAL TIME** 10 minutes

### INGREDIENTS

- 1 lb. shredded rotisserie chicken or breaded chicken strips from the deli
- 8 medium corn tortillas
- 2 ripe, Fresh California Avocados, seeded, peeled and sliced, divided
- 1/8 tsp. sea salt, or to taste
- 1 1/2 cups coleslaw mix or shredded lettuce
- 1/2 cup sriracha mayo
- 4 large radishes (optional)

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. Chop chicken into bite-sized pieces. Spray a foil-lined baking sheet with cooking spray. Place chicken on tray and warm chicken in the oven for about 6 minutes or until sizzling, adding the tortillas to the tray for the final 2 minutes.
3. Meanwhile season the avocado slices with sea salt. Mash about one half of the slices; set aside.
4. For each serving, place two warmed tortillas in a shallow bowl. Spread each with some of the mashed avocado and top with the coleslaw mix or shredded lettuce.
5. Divide chicken between the tacos and top with sriracha mayo, then top with avocado slices and garnish with radishes, if desired. Serve immediately.





# Oat Milk & California Avocado Ice Cream

*Turn fresh California Avocados into a creamy, non-dairy frozen treat made with oat milk and maple syrup for a touch of sweetness.*

**SERVES** 4  
**TOTAL TIME** 5 hour 30 minutes (including 5 hours chill time)

## INGREDIENTS

3 cups unsweetened non-dairy milk, such as oat, avocado or soy, divided  
1/4 cup old fashioned rolled oats  
2 ripe, Fresh California Avocados, seeded, peeled and cubed  
2/3 cup pure maple syrup  
1 Tbsp. vanilla extract  
1/4 tsp. fine sea salt

## INSTRUCTIONS

1. If using an ice cream machine with a removable canister, be sure to freeze the canister at least one day before you plan to make ice cream. This will ensure you have a proper mix and freeze.
2. Also note the ice cream mixture needs time to chill before churning (at least an hour), and the churned ice cream needs about 3 to 4 hours in the freezer for a firmer, scoopable consistency.
3. In a small saucepan, simmer half of the oat milk; add the oats and simmer until soft, about 10 minutes. Immediately transfer to a bowl to cool.
4. In a blender, combine the remaining oat milk and avocados. Blend on high until completely smooth. Add the cooled oatmeal, maple syrup, vanilla and salt; blend again. Refrigerate until cold.
5. Churn the ice cream mixture according to the instructions for your ice cream maker. At this point, the ice cream will be softer than a typical soft serve consistency. Transfer it to a freezer-safe container, cover and freeze for about 4 hours. (Set timer.)
6. At the 4-hour mark, and once the ice cream has been in the freezer, it will be too hard to scoop right away. It is important to let the ice cream soften at room temperature for about 15 minutes before serving.



## A Nutritional POWERHOUSE

*One-third of a medium California Avocado contributes nearly 20 vitamins, minerals and phytonutrients, making it a heart-healthy choice to help meet nutrient needs.*



**SERVING SIZE:**

***1/3 medium California Avocado***  
**(50 grams)**

***Good source of fiber***  
**(11% DV)**

***Good source of folate***  
**(10% DV)**

***Sodium, sugar and cholesterol free***

**FIND NUTRITION INFORMATION  
FOR ALL OF THESE RECIPES AT  
[CALIFORNIAAVOCADO.COM](http://CALIFORNIAAVOCADO.COM)**



# CALIFORNIA AVOCADO 101

## How to select:

While shopping, look for avocados with “California” on the label. The best way to tell if a California Avocado is ripe and ready for immediate use is to gently squeeze the fruit in the palm of your hand. Ripe, ready-to-eat fruit will be firm but will yield to gentle pressure.

## How to ripen:

The best way to ripen a responsibly grown California Avocado is with time, but if time is of the essence, here's how you can ripen an avocado quickly. Place an avocado in a paper bag with either a banana, kiwi or an apple. These fruits naturally produce ethylene gas, a plant hormone that speeds up the ripening process.

## How to cut & peel:

1. Use a knife suitable for cutting an avocado.
2. Keep the avocado on the cutting board while cutting and deseeding your avocados.
3. Do not “whack” the seed with a knife or poke at the seed with the tip of a knife while holding an avocado in your hand.
4. Remove the seed by using a spoon, then slice the avocado halves into quarters.
5. Starting from the tip, nick and carefully peel each segment.



For more recipes and  
information, visit  
**[CaliforniaAvocado.com](https://CaliforniaAvocado.com)**