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BRIGHTEN MEDITERRANEAN DIET MONTH DISHES WITH CALIFORNIA AVOCADOS Avocados' Summery Flavor and Lush Texture Enrich Plant-Forward Menus

Irvine, CA (May 6, 2021)—With summer around the corner and many areas of the country returning to active lifestyles, celebrate May and Mediterranean Diet Month with themed menu specials. Fruits and vegetables, nuts, legumes, whole grains, olive oil and fish are the core of the Mediterranean Diet, and California Avocados fit right in. Heart-Healthy California Avocados provide “good” fats to one’s diet and one-third of a medium avocado (50 g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice and a versatile addition to plant-forward recipes.

Chef Jason Hernandez, culinary consultant for the California Avocado Commission, is inspired by Mediterranean cuisines and likes to take dishes up a notch when Fresh California Avocados are in season. “Our research shows almost 60% of consumers believe that a menu item with California Avocados has a somewhat to significantly better value.”* “California Avocados add beautiful color, delicious flavor and smooth texture to globally inspired dishes, and you can’t go wrong with some California style on the menu.”

Chef Jason’s Mediterranean picks from the California Avocado Commission’s recipe database include a glamorous [Sumac Couscous Salad with Dungeness Crab and California Avocado](#) and two satisfying, to-go friendly dishes for active lifestyles—[Mighty Bowl with California Avocados](#) and [Mediterranean Grilled Veggie Wrap with California Avocado Spread](#).

Visit the [California Avocado Commission’s foodservice recipe database](#) for Mediterranean recipes and recommendations for customizing your menu specials. On the site, you can also access California Avocado product information, nutrition facts and culinary education materials.

* Source: Menu Matters, “Patron preference for ‘California’ and ‘California Avocados’, 2020”

About the California Avocado Commission

Created in 1978, the California Avocado Commission strives to enhance the premium positioning of California avocados through advertising, promotion and public relations, and engages in related industry activities. California avocados are cultivated with uncompromising dedication to quality and freshness, by nearly 3,000 growers in the Golden State. The California Avocado Commission serves as the official information source for California avocados and the California avocado industry. Visit CaliforniaAvocado.com, join us at Facebook.com/CaliforniaAvocados and @CA_Avocados on [Twitter](#), [Pinterest](#) and [Instagram](#), follow the California Avocado Commission page on [LinkedIn](#) or shop for California avocado merchandise at Shop.CaliforniaAvocado.com.



Sumac Couscous Salad with Dungeness Crab and California Avocado