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**EASY & CREATIVE
AVOCADO RECIPES**



Avocado Bacon and Eggs

Ingredients

- 1 medium Avocado
- 2 eggs
- 1 piece of cooked bacon, crumbled (optional)
- Pinch of shredded low-fat cheese
- pinch of salt

Instructions

1. Preheat oven to 425 degrees Fahrenheit.
2. Cut by cutting the avocado in half and removing the pit.
3. With a spoon, scoop out some of the avocado so it's a tad bigger than your egg and yolk. Place in a muffin pan to keep the avocado stable while cooking.
4. Crack your egg and add it to the inside of your avocado. Sprinkle a little cheese on top with a pinch of salt.
5. Cook for 14-16 minutes. Serve warm.
6. Top with cooked bacon. (optional)

Cucumber Stuffed with Shrimp & Crab Salad

Ingredients

- 6 Shrimp Poached
- 2 oz Crab Meat
- 1 Tbl Cilantro chopped
- 2 Tbl Tomato diced
- 1/2 Avocado diced
- 2 Tbl Cucumber diced
- 2 Cucumber cut in half
- 1 Tbl Green Onion sliced
- 1 Tbl Celery diced

Instructions

1. Place all ingredients in a bowl add a squeeze of lime juice, a little salt and pepper and few dashes of hot sauce if you'd like.
2. Place ingredients on top of cucumber halves



Mexican Style Tuna Salad Stuffed Avocados

Ingredients

- 12 oz tuna, drained if canned
- 1/3 cup finely chopped celery
- 1/4 cup finely chopped red onion
- 3 tablespoons finely chopped cilantro
- 1/4 cup fat free plain greek yogurt
- 1 tablespoon lemon juice
- hot sauce, to taste
- salt & pepper, to taste
- 2 avocados, halved



Instructions

1. In a medium sized bowl, combine all ingredients except avocado.
2. Divide among the avocado halves and serve.

Enchilada Zucchini Boats

Ingredients

- 1 tablespoon olive oil
- ½ cup diced red onion
- 1 lb. lean ground beef or turkey
- 2 garlic cloves, minced
- 1 tsp each smoked paprika and ground cumin
- salt to taste
- 3 large zucchinis, sliced in half lengthwise and scooped out to create a "boat"
- 1½ cups of Old el Paso red enchilada sauce
- ½ cup shredded cheddar cheese
- ¼ cup chopped fresh cilantro
- Diced tomatoes, green onions, & avocado



Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Heat a medium large skillet to medium high heat. Add olive oil and onions to the pan. Sauté until translucent or soft, about 2-3 minutes.
3. Add in the ground beef. Cook until there is no pink in the meat, breaking up meat into small pieces along the way.
4. Add in minced garlic, smoked paprika, ground cumin, and then salt to taste. Stir until combined. In a 13x9 inch baking dish, add zucchini boats flesh side facing up. Scoop the ground beef mixture into the "boat" part of the zucchini.
5. Pour the red enchilada sauce over the filled zucchini boats. Sprinkle with shredded cheddar cheese.
6. Cover the baking dish with tin foil. Bake for 20 minutes at 350 deg. Fahrenheit. Remove the tin foil from the pan. Bake for another 5 minutes uncovered.
7. Top with fresh cilantro, Avocado, and diced tomatoes.



Avocado Pesto Linguine (Or Spiraled Zucchini)

Ingredients

- 16 ounces linguine (or Spiraled Zucchini, or half and half)
- 4 small avocados
- 2 cloves garlic
- 1 cup fresh basil
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 1/2 cup toasted pine nuts (divided)
- 1 cup grated parmesan cheese

Instructions

1. Boil linguine according to directions. (or Use a pan to warm Spiraled Zucchini)
2. In a food processor or blender, pulse avocados, garlic, basil, olive oil, lime juice, lemon juice, salt, and 1/4 cup of the pine nuts until smooth.
3. Toss the pesto with the linguine and mix well. Mix in the parmesan cheese.

Chicken Avocado Burritos

Ingredients

- 2 cups cooked and shredded chicken
- 1 cup grated cheese (I use mozzarella)
- 1 avocado-diced
- 2 tablespoons cilantro-chopped
- 4 large tortillas
- 1 tablespoon oil

Instructions

1. Mix the chicken, cheese, cilantro, and the diced avocados.
2. Spread ¼ of the mixture on each tortilla, form a roll with tortilla to enclose mixture.
3. Heat 1 tablespoon oil into a pan and place all four tortillas on the pan, cook for 2 minutes on medium - high heat. Flip on the other side and cook for another minutes or until the tortillas are golden
4. Serve warm.





Green Grilled Cheese Sandwich

Ingredients

- 2 slices bread of choice
- 2-3 tablespoons Pesto
- 2 slices mozzarella cheese
- Handful fresh baby spinach
- ¼ avocado, sliced
- 2 tablespoons goat cheese, crumbled
- Olive oil

Instructions

1. Spread about 1 tbsp pesto onto each slice of bread.
2. On one slice of bread, add 1 slice of cheese, sliced avocado, crumbled goat cheese, spinach, second slice of cheese, then top it with second slice of bread.
3. Press together gently. Heat 1 tablespoon olive oil in a frying pan over medium low heat.
4. Add the sandwich to the oil and cook until bread is golden brown. Press down on the sandwich lightly, then flip the sandwich over and cook until second side is golden brown.

Cilantro Lime Chicken with Chunky Avocado Salsa

Ingredients

For the Chicken

- 2 tablespoons ground cilantro
- ¼ cup each freshly squeezed lime juice and olive oil
- 1 teaspoon salt
- 2 teaspoons garlic powder
- 3 large chicken breasts, sliced horizontally (parallel to the cutting board) into 2 thin pieces

Instructions

1. Combine the cilantro, lime juice, olive oil, salt and garlic powder in a large zipper-close bag.
2. Add the thin chicken breast pieces and marinate for about 10 minutes.
3. Meanwhile, heat a large cast iron skillet over medium-high heat.
4. Place three of the marinated chicken pieces into the pre-heated pan. Cook for 2-3 minutes per side until golden brown and cooked through.
5. Remove the cooked chicken and set aside. Repeat with remaining three pieces of chicken.
6. While the chicken is cooking, prepare the salsa by combining the tomatoes, onion, lime juice, salt and pepper in a large bowl. Use a wooden spoon to gently fold in the diced avocado.
7. Arrange the cooked chicken pieces on a platter and top with the salsa. Serve hot



For the Salsa

- 1 cup chopped tomato
- 2 tablespoons minced red onion
- 2 teaspoons lime juice
- ½ tsp salt and ¼ tsp black pepper
- 1 avocado, peeled and diced



Avocado Chicken Salad

Ingredients

- 2 cups shredded chicken (I used rotisserie chicken)
- 1 large avocado, cored & chopped
- 1/4 cup cilantro, chopped
- salt & pepper to taste

Instructions

1. Add ingredients in a bowl and mash with a fork until well combined.
2. Serve on bread, pita, lettuce leaves, or on top of additional sliced avocado.

Avocado Brownies (No butter, oil or eggs)

Ingredients

- 1 (10-20 oz.) pkg. brownie mix
- $\frac{2}{3}$ c. mashed avocado
- $\frac{1}{3}$ c. water



Instructions

1. Prep a 9x9" square baking dish (for thick brownies) or a 9x13" dish by greasing it or lining with parchment paper.
2. Stir together brownie mix, avocado, and water until combined.
3. Bake as directed on the brownie mix package erring on the side of baking a minute or two more than normal.
4. Slice into cooled brownies with a knife.