

holiday entertaining guide

2009

Avocados From  **Mexico**
the amazing avocado™



TABLE OF CONTENTS

Lively Leftovers

So good, they'll never know it's leftovers!

Creative Classics

4 creative twists on traditional American recipes.

Sensational Snacks and Sides

Great for entertaining!



LIVELY LEFTOVERS

Here's a scene everyone's familiar with: the morning after a big, fun family dinner, you're staring at a huge plate of leftover chicken or turkey in the fridge. How do you get your family to gobble it up now, so you're not eating dry meat days later? Check out these delicious ways to use up leftovers so they seem like a whole new meal!



Avocado and Shredded Chicken Pizza

A tasty dish that both grown-ups and kids will love

Turkey Sandwich with Spicy Avocado Spread

A turkey sandwich—kicked up a notch!

Avocado Wrap with Turkey and Cranberry Mustard

The perfect way to transform leftover meat and cranberry sauce

Avocado and Apple Chicken Salad

Crisp winter apples and buttery avocados make this a great chicken salad on sandwiches or over mixed greens

Mexican Chicken and Tomatillo Soup

A hot and hearty chicken soup with festive ethnic flavors

SURPRISINGLY SLIM

Avocados contain only 50 calories per serving. That's about one ounce (or three yummy slices) of avocado—enough to stack into a sandwich, toss into a salad or cube over a light soup for extra creaminess.



Avocado and Shredded Chicken Pizza

Preparation and Cook Time: About 15 minutes

- 1 12-inch ready-made pizza crust
- 1/2 cup pizza sauce
- 1/4 teaspoon chipotle hot sauce
- 1 cup cooked shredded chicken
- 3/4 cup shredded mozzarella cheese
- 1 fully ripened avocado from Mexico, halved pitted, peeled and sliced

Heat oven to 425°F. Place pizza crust on a baking sheet; bake crust 7 minutes. In small bowl, combine pizza sauce and Tabasco. Spread pizza with sauce; top with chicken, avocado and cheese. Bake until crust is crisp on the bottom, 4 to 6 minutes longer.

Yield: 8 slices

Per serving: 247 calories, 13 grams protein, 26.5 grams fat, 10 grams carbohydrate

Turkey Sandwich with Spicy Avocado Spread

Preparation Time: About 15 minutes

- 2 fully ripened avocados from Mexico, halved, pitted and peeled
- 1-1/2 tablespoons lime juice
- 1/2 teaspoon salt
- 1/4-1/2 teaspoon chipotle hot sauce
- 8 slices whole grain bread, toasted
- 8 ounces sliced cooked turkey
- 1 large ripe tomato, sliced
- 1 cup alfalfa sprouts

In large bowl, mash together avocados, lime juice, salt and chipotle sauce. Spread on each bread slice. Top four of the bread slices with turkey, tomato and sprouts, dividing equally; cover with remaining bread slices. Garnish with sliced avocado, if desired.

Yield: 4 servings (1 cup avocado spread)

Per Serving: 355 calories, 22 grams protein, 16 grams fat, 36 grams carbohydrate

Avocado Wrap with Turkey And Cranberry Mustard

Preparation Time: About 10 minutes

Cranberry Mustard (recipe follows)

- 6 (10-inch) whole wheat tortillas
- 1 pound roast turkey (about 12 slices)
- 6 large lettuce leaves
- 2 fully ripened avocados from Mexico, peeled, pitted and sliced
- 1/4 cup finely chopped onion

Spread cranberry mustard on tortillas, dividing equally. Place turkey slices on tortillas, dividing equally; cover with lettuce, top with avocado slices and sprinkle with onion; season with salt, if desired. Fold both sides and bottom of each tortilla over filling; roll to close. To serve: cut each tortilla in half crosswise or in 2-inch slices crosswise; arrange on a serving platter.

CRANBERRY MUSTARD

Combine 1/4 cup of Dijon mustard and 2/3 cup whole berry cranberry sauce and chill. Yield: about 1 cup.

YIELD: 6 wraps

Per Serving: 398 calories, 28.5 grams protein, 13 grams fat, 41 grams carbohydrate

Avocado and Apple Chicken Salad

Preparation Time: About 20 minutes

- | | |
|---|--|
| 2 cups cooked chicken or turkey cut in 1-inch pieces (about 9 ounces) | 1-1/2 tablespoons chopped mint (about 10 leaves) |
| 1 cup diced sweet red apple | 1-1/2 tablespoons chopped jalapeño pepper |
| 1/2 cup thinly sliced celery | 1/2 teaspoon salt |
| 1/2 cup lightly toasted pecans, coarsely chopped | 2 tablespoons fresh lemon juice |
| 1/2 cup roughly chopped flat leaf (Italian) parsley | 1 tablespoon olive oil |
| 1/4 cup chopped red onion | 2 fully ripened avocados from Mexico, halved, pitted, peeled and diced |

In large bowl, combine chicken, apple, celery, pecans, parsley, onion, mint, jalapeño, salt, lemon juice and olive oil; toss gently. Add avocado; toss gently until all ingredients are combined leaving some diced avocado visible while mashing some. Serve over mixed greens garnished with more avocado, parsley and grapes, if desired.

Yield: 4 servings (about 6 cups)

Per serving: 422 calories, 22 grams protein, 15 grams fat, 33 grams carbohydrate

Mexican Chicken and Tomatillo Soup

Preparation and Cooking Time: About 20 minutes

- 3 tablespoons olive oil
- 1-1/2 cups peeled and diced sweet potatoes
- 1 cup chopped celery
- 3/4 cup chopped onion
- 1 tablespoon finely minced garlic
- 1 tablespoon cumin
- 5 cups lower sodium chicken broth
- 2-1/2 cups shredded or chopped cooked chicken (about 1 pound)
- 2 cups diced tomatillos
- 3 cups crisp tortillas cut in narrow strips (recipe follows)
- 2 fully ripened avocados from Mexico, halved, pitted and diced
- 1/2 cup chopped cilantro
- Ground black pepper to taste

In large saucepan, heat oil. Add sweet potatoes, celery, onion, garlic and cumin; cook and stir for 5 minutes. Add broth, chicken and tomatillos; bring to boil; reduce heat and simmer for 10 minutes. Just before ready to serve, stir in 1 cup of the tortilla strips along with the avocado and cilantro. Season with pepper, if desired. Serve in bowls topped with remaining 2 cups tortilla strips and sour cream, if desired.

YIELD: 8 servings (about 10 cups)

CRISPY TORTILLA STRIPS

Heat oven to 350°F. Cut 3 (12-inch) flour tortillas into 3/8-inch strips; cut strips into 2 inch pieces and toss with 1 tablespoon oil. Spread out on rimmed baking sheet; bake until crisp, about 7 minutes, tossing occasionally.

YIELD: about 3 cups

Per Serving: 368 calories, 18 grams protein, 20.5 grams fat, 29 grams carbohydrate



CREATIVE CLASSICS

Everyone loves tradition. But not everyone loves eating the same dish each year or at every holiday party. See how you can jazz up some of these classic American favorites... a surefire way to impress your family, friends and co-workers!



Avocado Chicken Waldorf Salad

A quintessential American winter salad with the delicate flavors of avocado

Avocado Mac & Cheese

Kids will love it and grown-ups will ask for the recipe!

Avocado Cheesecake with Walnut Crust

You have to taste it to believe it! Sweet and creamy with a crispy, nutty crust. Add raspberry sauce for extra festive colors.

Avocado Caprese Salad

Whoever said “three’s a crowd” never tasted avocados with this classic combination of fresh tomato and mozzarella

“GOOD” FATS AND OTHER STUFF!

Avocados contain mostly unsaturated fats (3.5g and only 0.5g of saturated fat per 1oz serving) and nearly 20 vitamins and minerals. They are cholesterol-free and a great ingredient to use when you want to reduce saturated fats without cutting down flavor.



Avocado Chicken Waldorf Salad

Preparation Time: About 10 minutes

- | | | | |
|-----|---|-----|------------------------------|
| 1 | fully ripened avocado from Mexico, halved, pitted and cubed | 2 | tablespoons lime juice |
| 1 | large red apple, cored, cut into 3/4-inch chunks (about 1-1/4 cups) | 2 | teaspoons sugar |
| 1 | cup cooked, diced chicken | 1/4 | teaspoon salt |
| 2 | ribs celery, sliced (about 1 cup) | 1/4 | teaspoon ground black pepper |
| 1/2 | cup toasted walnut pieces | 3 | cups mixed salad greens |
| 1/2 | cup fat-free sour cream | | |

In large bowl, gently toss avocados, apple, chicken, celery, and walnuts. In small bowl combine sour cream, lime juice, sugar and salt. Add to avocado mixture; toss to combine. Serve over greens.

YIELD: 4 servings (about 8 cups)

Per Serving: 317 calories, 16 grams protein, 20 grams fat, 22 grams carbohydrate

Serving suggestion: Served without chicken in a pita pocket for a vegetarian choice.

Avocado Mac and Cheese

Preparation and Cooking Time: About 15 minutes

- | | | | |
|-------|------------------------------|-----|--|
| 1 | pound elbow pasta | 2 | fully ripened avocados from Mexico, halved, pitted, peeled and diced (about 2 cups), divided |
| 1-1/2 | cups skim milk | 5 | ounces reduced fat sharp cheddar cheese (from 10-ounce package) cut in 1/2-inch cubes |
| 3 | small garlic cloves | 1 | tablespoon lime juice |
| 1/4 | teaspoon ground nutmeg | 1/2 | cup chopped chives |
| 1/4 | teaspoon chili powder | | |
| 1 | cup flat leaf parsley leaves | | |

In large sauce pot, cook pasta in salted water according to package directions. Meanwhile, in a small saucepan, combine milk, garlic, nutmeg and chili powder. Bring to a boil; reduce heat; simmer for 5 minutes. When pasta is almost cooked, place in blender the parsley leaves, 1-1/2 cups of the diced avocado, the cheese, lime juice and hot milk with garlic cloves; whirl until smooth. Drain pasta and return to sauce pot. Pour cheese sauce over pasta; toss to combine. Add chives and remaining 1/2 cup diced avocado; toss gently. Serve hot or at room temperature.

Yield: 8 portions (about 8 cups)

Per serving: 365 calories, 15 grams protein, 12 grams fat, 49 grams carbohydrate

Variations: Use linguine in place of elbow macaroni and add sautéed bay scallops; use rotini (spiral shape) in place of elbow macaroni and add steamed shrimp; add spring vegetables to basic recipe.

Avocado Cheesecake with Walnut Crust

Preparation and bake time: About 45 minutes

For crust:

- 1 cup graham cracker crumbs
- 1 cup shelled walnuts, coarsely chopped
- 1 tablespoon sugar
- 1/2 teaspoon crushed anise seeds
- 1/4 teaspoon salt
- 6 tablespoons butter, melted

For filling:

- 1 envelope unflavored gelatin
- 1 lemon
- 1-1/2 cups skim milk
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 2 fully ripened avocados from Mexico, halved, pitted, peeled and diced
- 1 package (8 ounces) cream cheese, softened and cut in pieces

Preheat oven to 350°F. To prepare crust: In bowl of food processor, combine graham cracker crumbs, walnuts, sugar, anise seeds and salt. Add butter; pulse until ingredients are thoroughly combined (will resemble wet sand). Press into bottom of 8-inch spring form pan; bake 15 minutes; cool completely. To prepare filling: In cup, combine gelatin with 2 tablespoons water; let stand for 5 minutes. Using potato peeler, remove strips of lemon zest (yellow portion only). In small saucepan, combine milk, sugar, vanilla and lemon zest; bring to boil. Add gelatin; simmer until gelatin has completely dissolved, about 1 minute; strain. In food processor, place avocados and cream cheese. Pour hot milk mixture into processor; whirl until very smooth. Pour into pre-baked crust; cover and refrigerate until set, at least 2 hours. Remove side of pan. Serve with raspberry sauce, if desired. Best served the day prepared; any leftover cake should be securely covered with clear plastic wrap and refrigerated.

Yield: 8 portions

Per serving: 495 calories, 9 grams protein, 39 grams fat, 32 grams carbohydrate

Avocado Caprese Salad

Preparation Time: About 10 minutes

- 2 fully ripened avocados from Mexico, halved, pitted and sliced
- 2 ripe tomatoes, sliced
- 1 pound mozzarella, sliced
- 1/2 cup loosely packed fresh basil leaves
- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- Salt and ground black pepper to taste

On individual serving plates, alternate avocados, tomatoes, mozzarella and basil leaves, dividing equally. Drizzle with olive oil and vinegar. Season with salt and pepper. Serve with sliced Italian or French bread, if desired.

YIELD: 6 servings

Per Serving: 406 calories, 16 grams protein, 35 grams fat, 9 grams carbohydrate

SENSATIONAL SNACKS AND SIDES

The holidays are all about entertaining. This year, switch things up with some creative hors d'oeuvres that are sure to please. Add some unique side dishes to the table for extra flavor and flare!



Avocado Fiesta Salad

This quick-and-easy chopped vegetable salad tastes great on chips and crackers or over chicken as a colorful dressing.

Marinated Shrimp in Avocado Halves

A truly sophisticated appetizer. Serve as the first course in an elegant dinner party or on a platter in a buffet.

Buffalo Wings with Avocado Blue-Cheese Dressing

A buffalo wing recipe that everyone will rave about—especially that delicious, mysterious green dressing!

Monster Dip

A thick, creamy, healthy dip that's perfect on veggie sticks. Adults will love the kick of wasabi. Make it mild for kids and call it Booger Dip!

FRESH FRUIT IN WINTER

Did you know that avocados are actually a fruit? In fact, they're a berry! No wonder they taste so good in so many recipes. What's more, avocados from Mexico are at their peak during the holidays!



Avocado Fiesta Salad

Preparation Time: About 15 minutes

- | | | | |
|-----|---|-----|-----------------------------|
| 2 | fully ripened avocados from Mexico, pitted, peeled and diced (about 2 cups) | 2 | tablespoons chopped parsley |
| 1 | medium-sized red bell pepper, diced (about 1 cup) | 1/4 | cup fresh lime juice |
| 1 | medium-sized yellow bell pepper, diced (about 1 cup) | 3 | tablespoons olive oil |
| 1 | large cucumber, seeded and diced (about 1 cup) | 1 | teaspoon ground cumin |
| 1 | small zucchini, diced (about 1 cup) | 1 | tablespoon sugar |
| 1/2 | cup finely chopped jalapeños (no seeds or ribs) | 1 | tablespoon salt |
| 2 | green onions (scallions), chopped (about 1 cup) | 1/2 | teaspoon dried oregano |

In a large bowl, combine avocados, bell peppers, cucumber, zucchini, jalapeños, green onions and parsley. In a small bowl, whisk together olive oil, lime juice, cumin, sugar, salt and oregano. Pour over avocado mixture; toss gently. Serve in lettuce cups or with chips, if desired.

Yield: 4 servings (about 5-1/2 cups)

Per Serving: 304 calories, 4 grams protein, 25 grams fat, 21 grams carbohydrate

Marinated Shrimp in Avocado Halves

Preparation and Chill Time: About 40 minutes

- 1 pound cooked and peeled small shrimp
- 1 cup diced jicama
- 1/2 cup tomato juice
- 1/4 cup finely diced sweet onion
- 4 teaspoons finely diced jalapeño pepper
- 3 tablespoons chopped cilantro
- 2 teaspoons minced garlic
- 1/4 cup lime juice
- 2 fully ripened avocados from Mexico, halved and pitted
- Salt and ground black pepper to taste

In medium bowl, combine shrimp, jicama, tomato juice, onion, jalapeño, cilantro, garlic and lime juice; season with salt and pepper. Cover; refrigerate for 30 minutes. Just before serving, spoon marinated shrimp mixture into each avocado half; serve with lime wedges, if desired.

YIELD: 4 servings

Per serving: 292 calories, 26 grams protein, 16 grams fat, 13 grams carbohydrate

Buffalo Wings with Avocado Blue-Cheese Dressing

Preparation Time: About 1 hour

- 1 cup hot sauce
- 1/4 teaspoon worcestershire sauce
- 32 chicken wings with small wing joint removed (about 2 lbs.)
- 1-1/2 cups all-purpose flour
- Kosher salt and ground black pepper, to taste
- 2 eggs
- 1/4 cup milk
- Vegetable oil for frying
- Avocado Blue-Cheese Dressing (recipe follows)
- Celery sticks

In non-reactive bowl, combine hot sauce and worcestershire; add wings; toss to coat completely. Cover and refrigerate for at least 30 minutes. In mixing bowl, place flour, salt and pepper. In separate bowl, whisk together eggs and milk. Coat each wing with flour mixture, then dip in egg wash and finally coat again with flour mixture. To fry: In large skillet, add oil to depth of 2-inches; heat over medium heat to 375°F. Add wings to hot oil (do not crowd). Fry until crisp, 12 to 15 minutes; drain thoroughly on paper towels. Serve with Avocado Blue Cheese Dressing and celery sticks.

YIELD: 8 servings

Per serving: 675 calories, 42 grams protein, 47 grams fat, 18 grams carbohydrate

AVOCADO BLUE-CHEESE DRESSING

- 1/4 cup light mayonnaise
- 1/4 cup chopped parsley leaves
- 1 tablespoon lemon juice
- 1 teaspoon white vinegar
- 1 teaspoon minced shallot
- 1/2 teaspoon minced garlic
- 1 fully ripened avocado from Mexico, halved, pitted and diced
- 1/4 cup crumbled blue cheese (about 4 ounces)

In mixing bowl using wire whisk, combine mayonnaise, parsley, lemon juice, vinegar, shallot and garlic, blending until smooth. Stir in avocado and blue cheese; blend until almost smooth and creamy. Makes about 1-1/2 cups.

Per serving: (4 wings with 3 tablespoons dressing)

Monster Dip

Preparation Time: About 5 minutes

- 1 fully ripened avocado from Mexico, halved, pitted and diced
- 1 cup plain thick Greek-style yogurt
- 1 teaspoon finely minced ginger
- 1 teaspoon salt
- 1/2 teaspoon wasabi
- 1/2 teaspoon minced garlic
- 1 tablespoon fresh lime juice

In bowl, combine avocado, yogurt, ginger, salt, wasabi, garlic, and lime juice; stir until well mixed. Cover and chill until ready to serve. Garnish with chopped chives, if desired. Serve as a dip with chips or vegetables or topping for iceberg lettuce wedges or romaine hearts.

Yield: about 1-1/2 cups

Per serving: 74 calories, 3.5 grams protein, 5.5 grams fat, 4 grams carbohydrate

AVOCADO HOW-TOs

If your avocado is green with black patches, just let it sit outside the fridge for 2 to 3 days. A green avocado will need to hang out for about 4 days before it's ready to eat. Speed-up ripening by placing the avocados in a brown paper bag.

When it turns greenish-black and yields to gentle pressure from your thumb, it's ready for your eating pleasure. To cut it, just slide a knife lengthwise around the core. Twist the two halves, pulling them apart, and scoop out the pit with a spoon.

Check out more avocado tips at www.theamazingavocado.com