

FRESH + DELICIOUS



CALIFORNIA AVOCADO RECIPES



It's safe to say that people are obsessed with California Avocados. The superfood sensation is synonymous with California cuisine and a favorite of health nuts everywhere. But what exactly makes California Avocados so special? Our avocados are cultivated with uncompromising dedication to quality and freshness by more than 3,500 growers throughout Central and Southern California. The Golden State's trifecta of fertile soils, warm sunny days, and cool coastal breezes provides ideal growing conditions, resulting in the highest quality avocados.

California accounts for 90% of all avocados grown in the US. Although avocados are grown year round, peak season typically runs from April to August. Which means that now is the perfect time to get your hands on a few of those beauties and head to the kitchen. We're sharing our favorite Fresh & Delicious California Avocado Recipes!





AVOCADO BERRY BREAKFAST POPSICLES

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Dessert for breakfast? Yes, please! California Avocados give these breakfast popsicles a luxuriously creamy texture and add fiber and heart-healthy monounsaturated fats - which will help keep you satisfied all morning long!

YIELD: 6 POPSICLES **PREP TIME: 10 MINUTES** **TOTAL TIME: 4 HOURS** **SPECIAL EQUIPMENT: FOOD PROCESSOR, POPSICLE MOLDS**

INGREDIENTS

- 1 large California avocado*
- 1/2 cup Greek yogurt*
- 1 Tbsp. + 2 Tbsps. honey*
- 1/2 cup blueberries or chopped fruit*
- 1 1/4 cups store-bought granola (any brand and flavor)

**this comes from California*



INSTRUCTIONS

In a large bowl, use a fork to mash the avocado with the Greek yogurt, mixing until smooth. Stir in 1 Tbsp. of the honey, then add the blueberries (or chopped fruit).

In a food processor, pulse the granola for 15-20 seconds. Transfer to a small bowl and stir in the remaining 2 Tbsps. of honey.

Add a heaping spoonful of the granola mix to each popsicle mold, then use the handle of the spoon (or your fingers) to firmly pack it into the bottom.

Add two spoonfuls of the avocado and yogurt mix to each popsicle, then add another layer of granola. Continue layering until the molds are 3/4 full, then fill the remaining space with the avocado mix.

Insert the handles and set the popsicles in the freezer for at least 4 hours.

FUN FACT

The most popular variety of avocados, the Hass avocado, is actually a California native! Every Hass avocado can trace its roots to a mother tree in La Habra Heights, CA.



MEDITERRANEAN-INSPIRED CREAMY AVOCADO DIP

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This Creamy Avocado dip may taste indulgent, but every delectable bite is actually loaded with vitamins, minerals and phytonutrients. California Avocados are a nutrient dense superfood and the only fruit that contains heart healthy fats.

Try serving this dip with a bowl of chips, a platter of veggies, or Avocado and Sweet Potato Taquitos!

YIELD: ABOUT 2 CUPS **TOTAL TIME: 5 MINUTES**

INGREDIENTS

- 2 California avocados*
- 1/4 cup Greek yogurt*
- 1/4 red onion or 1 shallot, diced*
- 2 cloves garlic, minced*
- 1/4 cup chopped cilantro, chopped*
- 1 jalapeño, stemmed and seeded*
- 1/2 tsp. salt
- 1/2 tsp. fresh-ground black pepper
- Juice of 1 lemon*
- Juice of 1 lime*
- 1 Tbsp. extra virgin olive oil*

**this comes from California*



INSTRUCTIONS

In a medium bowl, mash the avocados with a fork, then mix in the Greek yogurt until creamy.

Fold in the red onion, garlic, cilantro, jalapeño, salt, pepper, lemon and lime juice. Taste and adjust spices to taste.

Finish with a drizzle of olive oil and a garnish of cilantro to serve with chips, fresh veggies, or Sweet Potato Taquitos (see recipe).

FUN FACT

**Just one avocado tree
can produce over 200
avocados per year!
That's a lot of dip.**



AVOCADO VEGGIE
POWER BOWL

AVOCADO VEGGIE POWER BOWL

Eating the rainbow has never been easier, or more delicious! This Avocado Veggie Power Bowl showcases a small sampling of the wide variety of fruits and veggies grown in the Golden State. Feel free to mix things up and make this bowl your own. There's not much that doesn't pair beautifully with our Creamy Avocado Dip.

YIELD: 4 SERVINGS **PREP TIME: 15 MINUTES** **TOTAL TIME: 40 MINUTES**

INGREDIENTS

2 medium sweet potatoes, diced*
2 Tbsps extra virgin olive oil*
1/2 tsp. + 1/2 tsp. kosher salt
1/2 tsp. black pepper + more for garnish
1/2 tsp. red pepper flakes
2 medium carrots, sliced thin*
Juice of 1 lemon, divided*
2 cups shredded purple cabbage (about 1/4 of a medium head)*
1 Tbsp. apple cider vinegar
2 tsps. honey*
2 cups cooked wild or brown rice*
1 California avocado, sliced*
1 cup cherry tomatoes, sliced or quartered*
1 cup Mediterranean-inspired Creamy Avocado Dip
Flaky sea salt to garnish

**this comes from California*

FUN FACT

California is the leading agricultural state in the nation, growing more than a third of the country's vegetables and two-thirds of the country's fruits and nuts . The Golden State produces more produce than the next four states combined!



INSTRUCTIONS

Heat the oven to 400 degrees.

Toss the diced sweet potatoes in olive oil with 1/2 tsp. salt, pepper, and red pepper flakes, and roast for 20 minutes, until cooked throughout and starting to caramelize. Optional: broil the sweet potatoes for an additional 2-3 minutes to crisp them up a little.

While the potatoes cook, toss the sliced carrot in half of the lemon juice and 1/2 tsp. salt, and set aside.

Toss the shredded cabbage in the remaining lemon juice, along with the apple cider vinegar and honey, and set aside.

To assemble, set out four bowls and scoop 1/2 cup of the cooked rice into each. Then divide the cooked sweet potatoes, sliced carrots, cherry tomatoes, purple cabbage and creamy avocado dip into each bowl.

Top each with 1/4 of the sliced avocado and a sprinkle of flaky sea salt and a grind of fresh black pepper.



AVOCADO & SWEET POTATO TAQUITOS

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If you've never tried vegetarian taquitos, you're in for a treat! Avocados and sweet potatoes are a match made in heaven. Sure, they taste delicious together, but we're not just talking about flavor profiles here. The healthy fats in avocados help your body to absorb the nutrients found in sweet potatoes. That sounds like the perfect excuse to move in for seconds...

YIELD: 12 TAQUITOS **PREP TIME: 15 MINUTES** **TOTAL TIME: 1 HOUR** **SPECIAL EQUIPMENT: TOOTHPICKS**

INGREDIENTS

- 1/4 cup chopped red onion*
- 1/4 cup chopped cilantro + more for garnish*
- 3 limes, 1 juiced, 1 halved, and 1 cut into wedges*
- 2 small sweet potatoes (about 1 lb), peeled and cut into 1" cubes*
- 2 Tbsp. unsalted butter or extra virgin olive oil + more for pan frying*
- 1/2 tsp. kosher salt
- 1/2 tsp. ground cumin
- 1/2 tsp. ground paprika
- Optional: 1/4 tsp. cayenne
- 1 California avocado*
- 12-14 white corn tortillas, warmed
- 2 cups shredded iceberg lettuce*
- 1 cup cherry tomatoes, halved*
- 1 Fresno chili, sliced thin*
- 1/4 cup grated cotija cheese*
- 1 cup Mediterranean-Inspired Creamy Avocado Dip for serving

**this comes from California*

FUN FACT

Many people use the names yam and sweet potato interchangeably, but they are not the same thing! Since 95% of true "yams" are grown in Africa, you've probably never actually eaten one. AND: sweetpotato is actually one word!



INSTRUCTIONS

Combine the red onion, cilantro, and lime juice in a small bowl, and set aside.

Fill a medium pot with water, salt generously, and bring to a boil. Add the cubed sweet potatoes, and cook for 15 minutes, or until the potatoes are fork tender throughout.

Remove from heat, drain the water, and return the potatoes back to the pot, stirring in the butter, salt, cumin, paprika, and cayenne (if using). Allow to cool for 10 minutes, then mash in the avocado.

Working with one warmed tortilla at a time, rub the halved lime across the top, then spread a heaping Tbsp. of the potato and avocado mash onto the side closest to you.

Top with a 1/2 Tbsp. of the onion and lime mixture, then gently roll the tortilla away from you, so that the filling is secured inside. Insert a toothpick to help the taquito hold its shape while cooking.

Heat 1/4" of olive oil in a large skillet over medium heat. Working in batches of 4-6 at a time, fry the taquitos, using tongs to rotate and cook them evenly on all sides, 4-5 minutes total. Remove the toothpicks once finished cooking.

To serve, spread the shredded lettuce across a platter, then stack the taquitos on top, garnishing with the cherry tomatoes, sliced Fresno chili, additional cilantro, and lime wedges. Sprinkle with cotija, and serve with a bowl of Creamy Avocado Dip.



SOUTHERN HOESCAKES
WITH CALIFORNIA AVOCADO
RELISH

SOUTHERN HOECAKES WITH CALIFORNIA AVOCADO RELISH

Never had a hoe cake? Think of this Southern staple as a mash up between cornbread and a pancake. They're incredibly versatile and work equally well for breakfast, lunch or dinner. Pro tip: feel free to use a heavy hand with the California Avocado Relish. We might be a little biased, but we think this creamy + tangy relish is the star of the show.

YIELD: 8 HOECAKES/4 SERVINGS **PREP TIME: 10 MINUTES** **TOTAL TIME: 30 MINUTES**

INGREDIENTS

For the relish

- 1 medium tomato, chopped*
- 1/2 tsp. kosher salt
- 1 California avocado, chopped*
- 2 Tbsps. chopped green onion*
- 3 Tbsps. chopped parsley + more for garnish*
- 2 Tbsps. extra virgin olive oil*
- Juice of 1 lime + more for garnish*

For the hoe cakes

- 1/2 cup all-purpose flour
- 1/2 cup yellow cornmeal
- 1/2 Tbsp. sugar
- 2 tsps. baking powder
- 1/2 tsp. kosher salt
- 1 egg, beaten*
- 1 cup buttermilk*
- 1/4 cup extra virgin oil*
- Olive oil for frying*

**this comes from California*

FUN FACT

Are you a fan of California Avocados? You're not alone. There are over 12 million uses of #avocado on Instagram... and that's not even counting any other related hashtags.



INSTRUCTIONS

In a medium bowl, toss the chopped tomato in kosher salt, and let sit for 10 minutes to sweat.

Gently mix in the avocado, green onion, parsley, olive oil, and lime juice, then set the mixture aside.

In a separate bowl, use a fork or whisk to combine the all-purpose flour, cornmeal, sugar, baking powder, and salt. Stir in the egg, buttermilk and 1/4 cup olive oil, breaking up any clumps, and mixing until the batter is even in texture.

Heat a large pan over medium heat. Add 1/4" of olive oil to the pan, then fry 1/4 cup of the batter at a time, flipping each hoe cake after 2-3 minutes, then cooking another 2-3 minutes until golden in color and cooked throughout.

To serve, scoop a heaping spoonful of the prepared relish onto each hoe cake, and garnish with parsley and a small squeeze of lime.



GREEN GARDEN BLOODY MARYS

GREEN GARDEN BLOODY MARYS

When life gives you lemons, make lemonade. But when life gives you California Avocados and a bounty of garden-fresh veggies...well that's a sign that you should make Green Garden Bloody Marys. And then take the rest of the day off.

YIELD: 6 SERVINGS **TOTAL TIME: 10 MINUTES** **SPECIAL EQUIPMENT: BLENDER**

INGREDIENTS

1 California avocado, pitted and divided in half*

2 ribs celery, chopped into 2-inch pieces*

1 cucumber, peeled and cut into large chunks*

1 lb. tomatillos (about 6), husked, rinsed and quartered*

1 cup yellow cherry or grape tomatoes, plus 6 for garnish*

1-2 jalapeños, stems and seeds removed*

1/2 cup loosely packed cilantro leaves and stems*

12 oz. vodka

Juice of 2 limes*

1/4 cup water

1 Tbsp. Worcestershire sauce

1 tsp. prepared horseradish*

1 tsp. kosher salt

1 tsp. black pepper

Optional: 2-3 dashes green hot sauce

2 Tbsps. celery salt

**this comes from California*



INSTRUCTIONS

In a blender, combine half of the avocado with celery, cucumber, tomatillos, tomatoes, jalapeño, and cilantro, and blend on high until smooth.

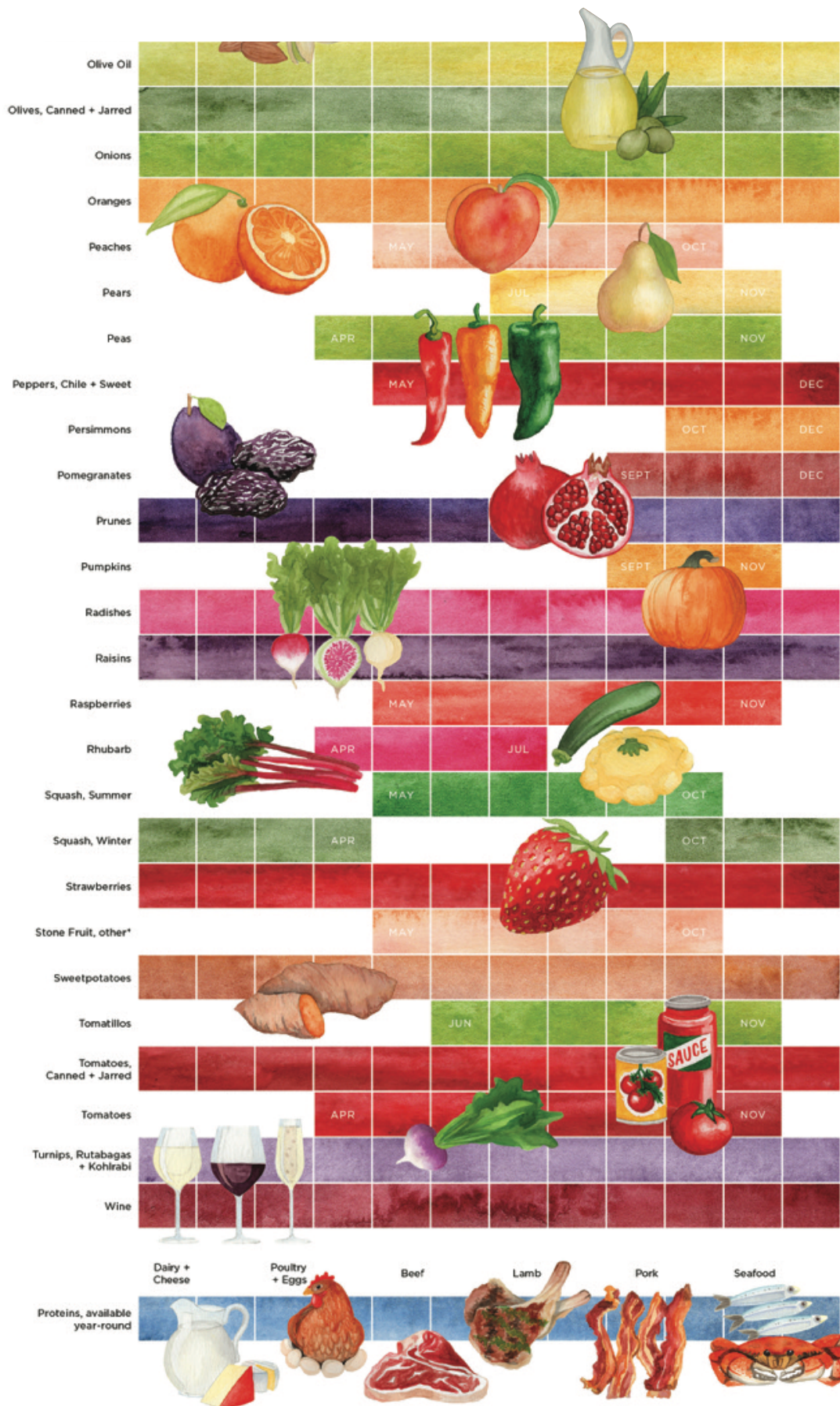
Add in the vodka, lime juice, water, Worcestershire sauce, horseradish, salt, pepper, and hot sauce (if using), and continue blending for 10-15 seconds, until mixed.

Pour the celery salt onto a small plate. Slice the remaining half avocado, and roll each slice in the celery salt to coat. Slice the 6 tomatoes for garnish, and skewer with the avocado slices.

Add ice to 6 pint glasses, pour 8 oz. of the bloody mary mix over the ice, and garnish with an avocado skewer.

FUN FACT

Did you know that tomatoes are in season year-round? It's true, thanks to California's diverse climate and the use of hothouses!



*Some varieties listed individually.
Seasons may vary slightly due to weather & growing conditions in the Golden State.
californiagrown.org



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Recipes: James Collier, K.C. Cornwell, Meg van der Kruik

Photos: James Collier

CA GROWN X CA AVOCADOS