



# AVOCADO

## Recipes



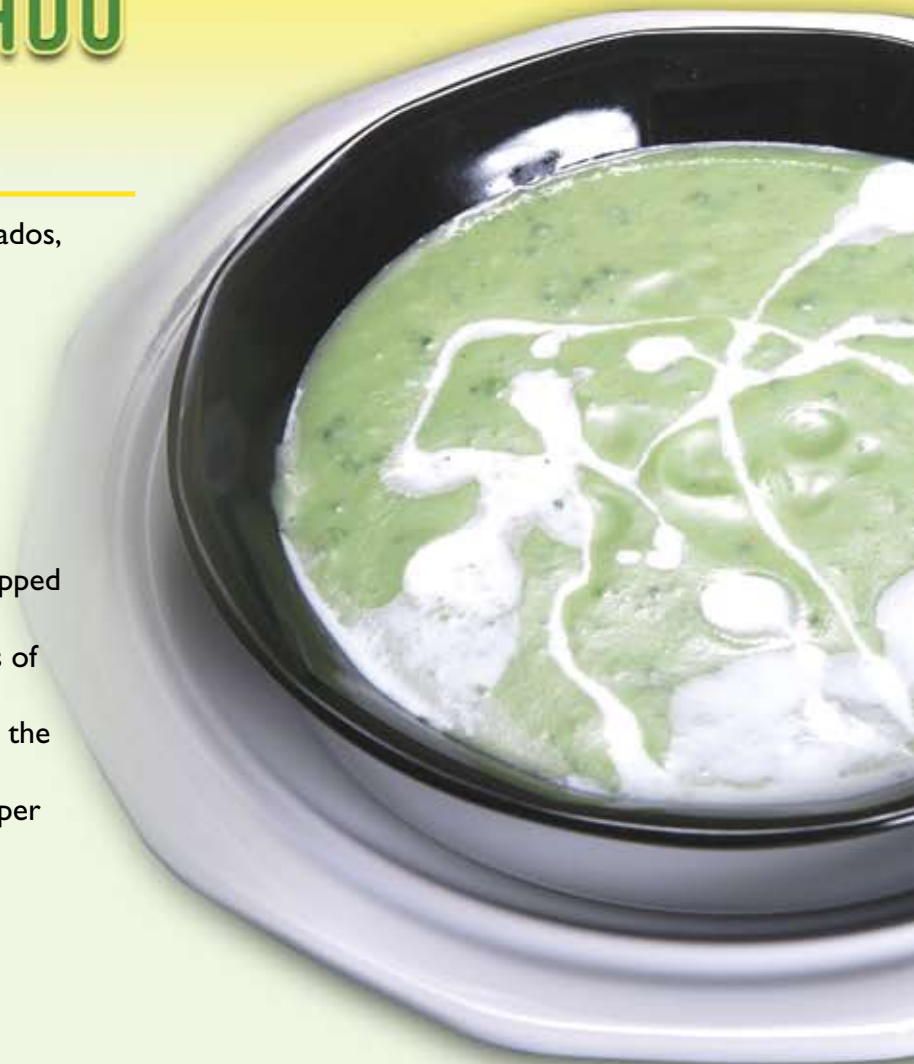
For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services website at [www.Florida-Agriculture.com](http://www.Florida-Agriculture.com)

# CHILLED AVOCADO GAZPACHO

- 2 pounds or about 5 small Florida avocados, peeled and chopped
- 1 jalapeno, seeded and minced
- Pinch of crushed red pepper flakes
- $\frac{1}{3}$  cup fresh lime juice
- 3 cups chicken broth
- 1 cup half and half or cream
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- $1\frac{1}{2}$  tablespoon fresh Florida cilantro, chopped

Combine first 3 ingredients, 3 tablespoons of lime juice and 1 cup of the broth in a food processor. Process until smooth. Transfer the mixture to a large bowl and whisk in the remaining 2 cups of broth, cream, salt, pepper and cilantro. Chill. Serve garnished with shrimp and/or cilantro and avocado slices.

Yield: 6 servings  
Per Serving: Calories 346, Fat 29g  
Total Carbohydrates 17g, Protein 8g



# AVOCADO VINAIGRETTE

- 1 cup red wine vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons minced Florida onion
- 2 cups olive oil
- 1 teaspoon sugar
- 1 Florida avocado, finely chopped
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon white pepper

In a small mixing bowl, whisk together vinegar and mustard until smoothly blended. Add the sugar and, while whisking, drizzle in olive oil until emulsified. Add avocado, onion, salt and pepper to taste.

Yield: 16 servings  
Per serving: Calories 267, Fat 29g  
Carbohydrates 3g, Protein 0g



# Fresh from Florida AVOCADOS

**The Florida avocado** – creamy, buttery and full of flavor. With one bite you will understand why this tropical fruit is so popular. Native to Mexico and Central and South America, the primary centers of production for Florida avocados are Miami-Dade and Collier counties. They are available from late May through March.

Florida avocados have less oil by almost half than other varieties, making them a viable alternative for those who love the flavor but want to reduce the amount of fat in their diets. One medium avocado contains a whopping 17 grams of fiber, almost 7 grams of protein, 1067 mg of potassium, and more than 400 IU of Vitamin A. Due to their vitamin and mineral content, they are a guilt-free treat.

# Purchasing, Handling and Storing

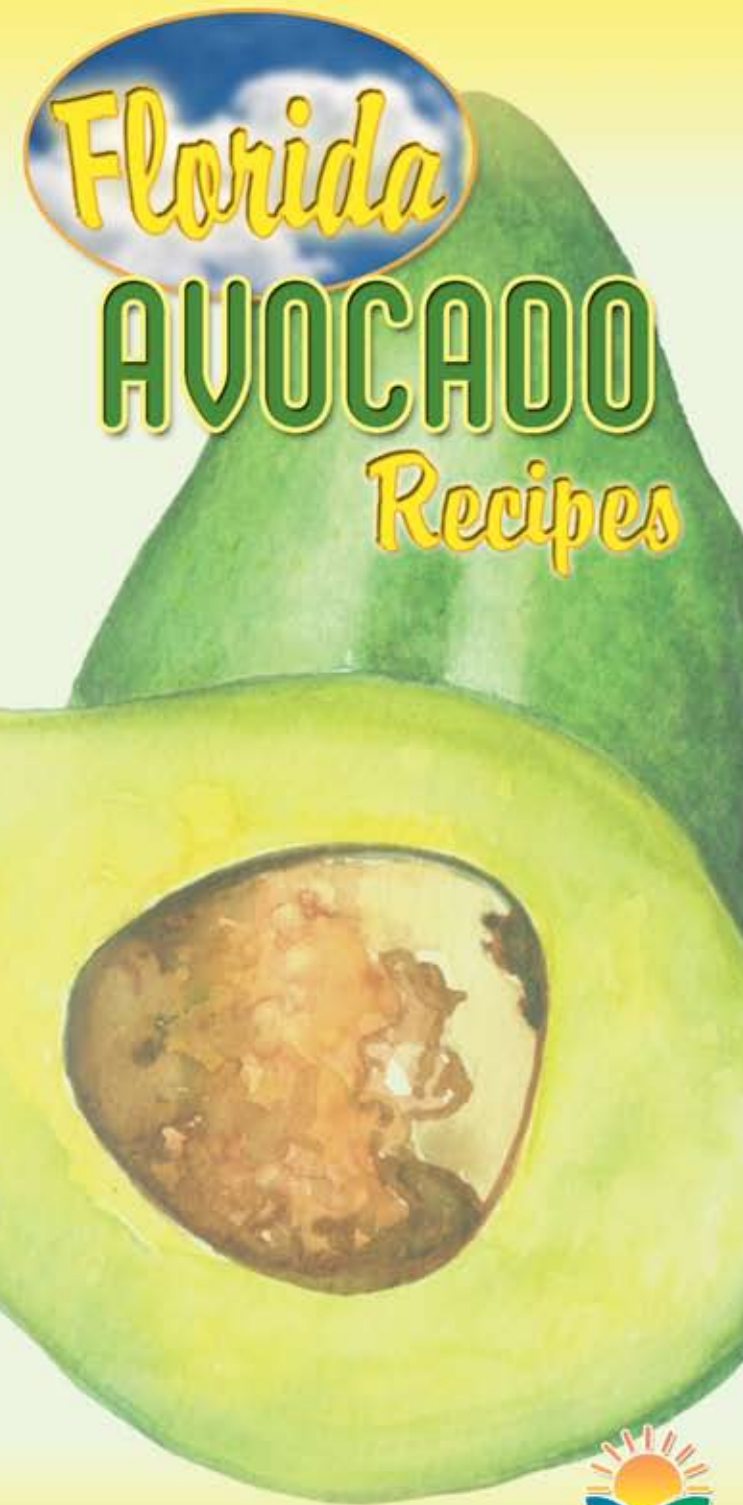
**When selecting a ripe Florida avocado,** look for fruits that are heavy for their size and that are free from blemishes, with deep green skin. The flesh inside will range from pale to rich yellow with a green tinge. Ripe avocados yield to gentle pressure and have a creamy texture similar to butter or custard. Unripe avocados will ripen when placed in a paper bag on the counter for 2 or 3 days. Once ripened, you may store avocados in the refrigerator for several days.

To open an avocado, simply slice in half lengthwise and remove the seed by sticking it with a knife and twisting it so that it pops out. Take a spoon to each half, place it between the peel and the flesh and gently scoop out the flesh. At this point, slice or dice the avocado. To prevent the fruit from browning before it is eaten, simply sprinkle lemon or lime juice over the avocado.

Avocados are best when eaten fresh. From the star ingredient in guacamole, to a puree added to your favorite salad dressing, or to slices added to sandwiches and salads, Florida avocados liven up any meal!

**Try these “Fresh from Florida” avocado recipes to enhance your menus.**

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Florida Department of Agriculture  
and Consumer Services  
Charles H. Bronson, Commissioner

