

Shopping List: Avocados Galore! – 4 Delicious Avocado Dishes

Fresh Produce

2 cups shredded cabbage or prepared coleslaw mix
6 cups mixed salad greens
3 medium tomatoes
5 green onions
1 small cucumber
1 large red onion
1 small onion
2 large onions (white or red)
1 bunch of celery
1 bunch of parsley
5 avocados
2 lemons
1 cup chayote squash

Dry Goods

12 (6-inch) corn tortillas
1 can chipotle peppers in adobo sauce
3½ cups canned reduced sodium chicken broth
1 (8 oz) can low sodium pinto beans
1 (4 oz) can tuna

Dairy

1/4 cup Añejo or Panela cheese

Meat or Substitutes

1¼ lb bone-in chicken breast
2 cups boneless skinless chicken breast

Pantry Staples

Add items to list if you don't already have them

Olive Oil
Balsamic Vinegar
Garlic Salt
Garlic Powder
Salt and Ground Black Pepper
Chili Powder

Yucatan Chicken Tacos

Serve these tasty tacos with extra cilantro and lime wedges.

Makes 4 servings. 2 tacos per serving.

Ready in 20 minutes.

Ingredients

1½ Tablespoons balsamic vinegar

1 Tablespoon finely chopped canned chipotle peppers in adobo sauce

½ teaspoon garlic salt

2 cups chopped or shredded, cooked chicken breast

2 cups shredded cabbage or prepared coleslaw mix

¾ cup finely chopped red onion

8 (6-inch) corn tortillas

¼ cup crumbled Añejo or Panela cheese

1 avocado, peeled, pitted, and chopped

Directions

1. In a medium bowl, mix together balsamic vinegar, chipotle peppers, and garlic salt. Add in chicken, cabbage, and onion, mix well.
2. To warm tortillas, heat in a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.
3. Spoon filling into warm tortillas and top with cheese and avocado.
4. Serve immediately.

Nutrition information per serving: Calories 340, Total Fat 12g, Saturated Fat 4g, Carbohydrate 32g, Dietary Fiber 7g, Protein 27g, Sodium 360mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Avocado Garden Salad

This salad is easy to fix, looks great on a plate, and is delicious to eat.

Makes 6 servings. 1½ cups per serving.
Ready in 20 minutes.

Ingredients

6 cups torn or cut mixed salad greens
3 medium tomatoes, chopped
5 green onions, chopped
1 small cucumber, peeled and chopped
2 tablespoons lemon juice
1/3 teaspoon garlic powder
½ teaspoon ground black pepper
½ teaspoon salt
1 large avocado, peeled

Directions

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Nutrition information per serving: Calories 78, Total Fat 5g, Saturated Fat 1g, Carbohydrate 9g, Dietary Fiber 4g, Protein 2g, Trans Fat 0g, Cholesterol 0mg, Sodium 222mg

Recipe Source: Nutrition Education and Obesity Prevention Branch

Tortilla Soup

This soup tastes just as good or better the next day. It's a perfect, make-ahead recipe.

Makes 4 servings. 2 cups per serving.
Ready in 40 minutes.

Ingredients

1½ cups onion, chopped
3½ cups canned reduced sodium chicken broth
1¼ lb. bone-in chicken breasts, skin removed
1 cup chayote squash, diced and peeled
¾ cup canned low-sodium pinto beans, rinsed and drained
1 Tablespoon chili powder
½ teaspoon garlic powder
4 (6-inch) corn tortillas, cut into strips and baked until crisp
1 avocado, peeled, pitted, and sliced

Directions

1. Spray a large saucepan with nonstick cooking spray. Add onion and cook over medium-high heat for 5 minutes to brown, stirring occasionally.
2. Add broth and cover saucepan; increase heat to high. When broth starts to boil, add chicken, squash, beans, chili powder, and garlic powder.
3. Bring to a boil again; lower heat and simmer for 20 minutes.
4. Remove chicken from soup and let cool slightly. Shred into small pieces. Add shredded chicken back to soup.
5. Pour soup into bowls and top with tortilla pieces and avocado. Serve immediately.

Nutrition information per serving: Calories 390, Total Fat 12g, Saturated Fat 3g, Carbohydrate 32g, Dietary Fiber 9g, Protein 41g, Sodium 600mg

Recipe Source: Nutrition Education and Obesity Prevention Branch

Healthy Tuna Salad

This recipe uses avocado halves in place of bread for a fulfilling tuna salad.

Makes 4 servings. ½ stuffed avocado per serving.

Ready in [] minutes.

Ingredients

2 avocados, halved and pits removed

1 can tuna, packed in water without salt

Lemon juice from 2 wedges

2 teaspoons olive oil

½ small onion, diced (purple or red onion adds color)

½ cup celery, thinly sliced

1 Tablespoon parsley, chopped

Salt and pepper

Directions

1. Open can of tuna, drain it, and place in a bowl.
2. Stir in lemon juice and olive oil. Add bell pepper, onion, and parsley. Salt and pepper to taste.
3. Spoon tuna salad filling into the avocado and serve.

Nutrition information per serving: Calories 251, Total Fat 18g, Saturated Fat 3g, Carbohydrate 13g, Dietary Fiber 8.5g, Protein 13g, Sodium 187mg

Recipe Source: SuperFood Drive