

ZESTY AVOCADO CHICKEN SALAD IN LETTUCE CUPS



Avocados From  **Mexico**™

◆◆◆ ALWAYS IN SEASON ◆◆◆

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Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to serving suggestions or recipes.

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

ZESTY AVOCADO CHICKEN SALAD IN LETTUCE CUPS

INGREDIENTS

- 1 medium, ripe Avocado From Mexico, mashed
- 2 breasts (8 oz) rotisserie chicken, shredded
- 1 TB lime juice
- 1 tsp Dijon mustard
- ¼ cup celery, chopped
- 2 TB green onions, thinly chopped
- ¼ cup cilantro, chopped
- 1 medium tomato, sliced
- ½ head of Boston Bibb lettuce, leaves separated
- Salt, pepper to taste

INSTRUCTIONS

1. Shred the chicken apart until you have 2 cups of chicken shredded into fairly large chunks.
2. Dice the avocados into medium-sized pieces, mix with lime juice and Dijon mustard and mash well.
3. Put the chicken into a large bowl and mix with avocado mixture. Gently add in celery, green onions and cilantro. Serve with sliced tomatoes in lettuce "cups."

MAKES 4 SERVINGS

Nutrition Facts (Per serving = 1 lettuce cup) | Calories: 160, Total Fat: 8g (Sat. Fat: 1g) Cholesterol: 55mg, Sodium: 220mg, Total Carbohydrate: 7g, Dietary Fiber: 2g, Sugar: 2g, Protein: 17g

AVOCADO LIME CORNBREAD CRANBERRY MUFFINS



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AVOCADO LIME CORNBREAD CRANBERRY MUFFINS

INGREDIENTS

2 medium, ripe Avocados From Mexico, mashed

1 ½ cup cornbread mix

1 tsp baking powder

¼ tsp Kosher salt

2 TB canola oil

½ cup 1% milk

2 large eggs

2 TB honey

1 TB fresh lime juice

1 tsp fresh lime zest

½ cup dried cranberries

INSTRUCTIONS

1. Pre-heat oven to 375 degrees.
2. In a mixing bowl, combine avocados, oil, milk, eggs, honey and lime juice. Stir until well combined.
3. Stir in cornbread mix, baking powder, salt, lime zest and cranberries.
4. Use a non-stick cooking spray to coat muffin pan.
5. Spoon batter evenly into muffin pan, filling each muffin with 2–3 TB of batter.
6. Bake 20–25 minutes or until the tops are lightly browned and a toothpick comes out clean.

MAKES 12 SERVINGS

Nutrition Facts (Per serving = 1 muffin) | Calories: 170, Total Fat: 7g (Sat. Fat: 1g) Cholesterol: 35mg, Sodium: 250mg, Total Carbohydrate: 23g, Dietary Fiber: 2g, Sugar: 8g, Protein: 4g

CHICKEN-ENCHILADA STUFFED PORTOBELLO MUSHROOMS



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CHICKEN-ENCHILADA STUFFED PORTOBELLO MUSHROOMS

INGREDIENTS

- 1** medium Avocados From Mexico avocado, diced
- 4** large portobello mushrooms
- 8 oz** (cooked) rotisserie chicken, white meat, shredded
- ½ cup** sweet corn, canned, drained
- 2 TB** green onions, sliced
- ½ cup** reduced-sodium black beans
- ½ cup** Mexican cheese blend (Monterey Jack, cheddar)

- 1 cup** enchilada sauce
- 1 TB** flour
- 1** large tomato, diced
- 1 TB** fresh lime juice
- 2 TB** cilantro, chopped
- Salt, pepper to taste
- Non-stick vegetable oil cooking spray

INSTRUCTIONS

1. Pre-heat oven to 375 degrees F (or grill).
2. Prepare Portobello mushrooms by scooping the inside out of the bottom of the mushroom.
3. Spray the outside of each mushroom cap with cooking spray and place on a baking sheet.
4. In a large bowl, combine chicken, corn and green onions.
5. In a small bowl, whisk together enchilada sauce and flour until there are no lumps.
6. Spoon 2 TB of chicken mixture into each mushroom and top with 1–2 tsp of enchilada sauce. Top with shredded cheese.
7. Bake in oven for 10 minutes until the cheese has melted and mushrooms are softened. Serve topped with diced tomato, avocado, cilantro and lime juice.

MAKES 4 SERVINGS

Nutrition Facts (Per serving = 1 mushroom cap) | Calories: 270, Total Fat: 12g (Sat. Fat: 3.5g) Cholesterol: 40mg, Sodium: 1230mg, Total Carbohydrate: 25g, Dietary Fiber: 6g, Sugar: 9g, Protein: 20g