Recipes… AVOCADO

NOTES & TIPS: How do you know it's ripe? A ripe avocado should be slightly soft and yield to gentle pressure on the skin. To ripen, place in a paper bag with an apple banana, fold shut and check daily.

To store a sliced avocado, simply return the pit to its spot, re-cover the avocado with its skin, and wrap the fruit tightly with cling wrap. The same trick works for guac: Just nestle the avocado pits into a bowl full of guacamole and store refrigerated under plastic wrap. Sure, it will still turn brown eventually, but saving the pit will extend the avocado's life tremendously. If using on sandwiches or as a garnish, use lemon juice to lesson or prevent them from turning brown.

AVOCADO SPREAD

1 lg. ripe avocado, mashed
1 onion, minced fine
3 tsp. picante sauce
5 or 6 drops Tabasco
1 half lemon

Peel avocado, mash - squeeze lemon juice over it. Add sauce, onion and Tabasco. Cover and chill. Great on bagels!

AVOCADOS STUFFED WITH CRAB MEAT

1 lb. crab meat
2 tbsp. butter or other fat
2 tbsp. flour
1 c. milk
1/4 tsp. salt
Dash of pepper
1/4 tsp. Worcestershire sauce
2 tbsp. chopped pimento
2 tbsp. chopped olives
3 ripe avocados
1/4 c. grated cheese

Remove any shell or cartilage from crab meat. Melt butter; blend in flour. Add milk gradually and cook until thick and smooth, stirring constantly. Add seasonings, pimento, olives and crab meat. Cut avocados in half; remove seeds.
Fill center with crab mixture; sprinkle cheese over top of each avocado half. Place in a well-greased baking pan. Bake in a moderate 350 degree oven for 20 to 25 minutes or until brown. Makes 6 servings.

AVACADO TACO PIE

1 pkg. crescent rolls (or make your own pie crust)
1 lb. lean ground beef
1/2 med. onion, chopped
8 oz. can tomato sauce
1 1/2 oz. taco seasoning mix (3/4 pkg.)
1/2 c. sliced ripe olives
1 1/2 - 2 c. corn chips, crushed
1 c. sour cream
1 c. cheddar cheese, shredded
Shredded lettuce

Brown beef and onion. Drain. Stir in tomato sauce, taco mix, and olives. Spread crescent rolls in 9 inch pie plate to form crust. Spread beef mixture in crust, then spread sour cream over meat. Cover with lettuce, cheese and corn chips. Bake 375 degrees for 20 to 25 minutes or until brown. Garnish: on each plate put avocado, peeled and sliced and 1/4 tomato. Makes 6 servings.

CALIFORNIA CHICKEN

2 tbsp. butter
2 tbsp. white wine
1 clove garlic, minced
3/4 c. yogurt
1 avacado, sliced
1/4 c. mayonnaise
Salt and pepper
2 tomatoes cut in wedges
6 chicken breasts, skinned and boned

Cook chicken in butter, wine, salt and pepper. Remove chicken, add other ingredients to drippings and heat. Best served on rice.

MEXICAN LAYERED DIP

32 oz. refried beans

8 oz. cream cheese spiced with hot sauce
Top with ripe olives

2 Avacados (chunked)
2 tomatoes (chopped)
Dashes of garlic powder, lemon juice, salt and pepper

Stir ingredients for top layer together. Layer into a flat dish or pan. Chill for 30 minutes before serving.

SANTA FE ROLLS

1 1/2 c. black beans
1/2 c. jalapenos
Water
1/4 lb. bacon

Boil, then puree. This will be first layer in. Lay in the middle of tortillas a layer of spinach, top with roasted red peppers, sliced salmon, roll slice and serve with vinaigrette. Recipe follows.

AVACADO VINAIGRETTE:

1/4 c. oil
4 tbsp. wine vinegar
1 tsp. salt
1 tsp. pepper
1 c. sour cream
1 ripe avocado cut up in chunks

Put in blender for a few minutes.

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MEXICAN PLATE

LAYER #1:
2 cans bean dip or refried beans

LAYER #2:
3 ripe avacados, peeled, seeded, and mashed
2 tbsp. lime or lemon juice

LAYER #3:
8 oz. sour cream
8 oz. mayonnaise
1 pkg. taco seasoning mix

LAYER #4:
1 bunch onions, chopped
1 lg. can ripe olives, sliced
3 tomatoes, chopped, reserve some for topping

LAYER #5:
8 oz. shredded cheddar cheese

CREAMY AVOCADO DIP

2 c. cut up ripe avocados, mashed
1 tbsp. onion, minced
1 clove garlic, minced
1/4 tsp. chili powder
1/4 tsp. salt
Dash of pepper
1/3 c. mayonnaise
6 strips bacon, cooked & crumbled
Assorted snack crackers

Combine first 6 ingredients and blend well. Place in a small bowl and cover with mayonnaise, spreading over top and sides to keep avocado from turning dark. Refrigerate several hours to blend flavors. When ready to serve, mix well and sprinkle top with crumbled bacon. Serve with assorted snack crackers.

AVOCADO DIP

1 large or 2 small avocados
1 (8 oz.) cream cheese
1/2 c. diced fresh tomato
1/4 c. finely diced onion
1 tbsp. lemon juice

Mash avocado and cream cheese in a bowl and cream until smooth. Add tomatoes and onions and lemon juice, salt to taste. Stir in just as much hot sauce to suit your taste. Serve with chips or crackers.

AVOCADO & EGG SALAD

2 ripe avocados

1/2 onion, chopped fine
Salt & pepper to taste
6 boiled eggs
Salad dressing

Dice avocados, eggs and onion. Add salt and pepper, then enough salad dressing to moisten salad. Refrigerate at least an hour before serving, store in a covered dish or put saran wrap over bowl while in refrigerator.

AVOCADO APPETIZER

2 lg. ripe avocados
1 tbsp. mayonnaise
1/4 tsp. garlic powder
1/4 tsp. chili powder
1/2 c. sour cream
1/2 c. med. salsa
1/4 c. grated Jack cheese
1/4 c. grated Cheddar cheese
2 tbsp. finely chopped tomato
2 tbsp. finely chopped green onion
1 sm. can chopped sliced black olives

Mash avocado with mayonnaise, garlic powder and chili powder. Spread onto plate about 1 inch thick. Mix sour cream and salsa together and pour over top of avocado mixture. Top with Jack cheese on one side and on the other side top with Cheddar cheese. Sprinkle with tomatoes, onions and black olives over top. Serve with large corn chips.

AVOCADO BACON SALAD

1 lb. ripe avocados
4 stalks celery, sliced
3 to 4 eggs, hard cooked & sliced
2 tomatoes, cut into wedges
1/2 lb. bacon

Fry bacon crisp. Crumble onto sliced avocados, tomatoes and celery. Make vinegar dressing (below) and pour over salad. Let stand for 2 hours.

VINEGAR DRESSING:

5 tbsp. oil
2 tbsp. tarragon vinegar
1 clove garlic, crushed
2 tbsp. French mustard
Salt (to taste)
Pepper (to taste)

AVOCADO BREAD

1 egg
1/2 c. mashed avocado
1/2 c. buttermilk
1/3 c. vegetable oil

2 c. flour
3/4 c. sugar
1/2 tsp. baking soda
3 tsp. baking powder
1/4 tsp. salt
3/4 c. chopped pecans

Blend egg, avocado, buttermilk, and oil with mixer. Add remaining ingredients. Mix only until blended. Do not over mix! Pour into greased 9 x 5 loaf pan. Bake one hour at 350 degrees or until toothpick inserted comes out clean.

AVOCADO FRENCH BREAD

1 loaf (uncut) French or Italian bread
3 ripe avocados (mashed with lemon juice and Worcestershire sauce)
1 large onion (chopped fine)
3 tomatoes (chopped)
1 lb. crumbled cooked bacon
1 1/2 lbs. shredded cheese

Cut bread length wise and in half making four pieces. Scoop out bread, leaving shells. Save scooped insides to make bread crumbs for another recipe. Butter and brown in oven approximately 10 minutes at 350 degrees. Let cool. Spread with avocado mix, onion, bacon, tomato and finish with shredded cheese. Brown in oven until cheese melts. Cut into serving size pieces. Enjoy.

CRABMEAT AND AVOCADO LOAF

1 lg. loaf French bread
2 tbsp. melted butter
3 c. lump crabmeat, cooked
3 tbsp. butter, rounded
1 c. heavy cream
1/4 cup sherry
2 ripe avocados

Remove thin slice off top of the bread. Remove all of the bread inside, leaving a think shell, and being careful not to puncture the crust. Brush inside with melted butter. Heat in hot oven until bread is crisp and golden brown. Melt remaining 3 tablespoons butter in skillet. Add crabmeat, turning carefully until each lump is coated with butter. Slowly add cream and sherry. Heat, but DO NOT bring to boil. Just before serving, slice avocados into mixture and heat just a minute longer. Place loaf of bread on serving platter and fill with the crabmeat mixture. Serve at once. Use small sharp bread knife and serving spoon on the platter. Serves 4.

AVOCADO PIZZARITO

2 med. sized flour tortillas
Oil
17 oz. can refried beans
2 green onions, sliced
4 tbsp. mild salsa
2 c. shredded Cheddar cheese
2 tomatoes, diced
2 1/4 oz. can sliced black olives
1 soft, ripe avocado halved
1 tsp. lemon juice

1/4 c. sour cream

Fry tortillas in oil in skillet until crisp and brown. Combine beans, onions and salsa in saucepan. Heat until just bubbling. Spread beans over tortillas. Sprinkle cheese, then tomatoes and olives. Slice 1/2 avocado and arrange in pinwheel design on pizzas. Mash remaining half of avocado with lemon juice. Put in center of pizza then put sour cream on top of that. Add additional salsa if desired.
Good meatless meal!

AVOCADO SEAFOOD QUICHE

1 avocado
2 tsp. lemon juice
Pinch of fresh ground pepper
1 (4 oz.) can shrimp or crab
4 eggs
1 1/2 c. milk
1/2 c. dry white wine
1 tbsp. catsup
Pinch of dill weed
1/4 tsp. salt

Rinse and drain shrimp or crab. Use a prepared 9-inch pie shell or your own pastry recipe. Pre-cook shell for 10 minutes in preheated 400 degree oven, before adding filling.
Toss shrimp or crabmeat in small bowl with lemon juice, spread evenly on bottom of precooked crust. Beat eggs and milk together, add wine and catsup and beat until frothy. Pour over the crust and sprinkle lightly with dill, salt and pepper, and bake immediately in preheated 375 degree oven for 30-40 minutes or until knife inserted in center comes out clean. Slice avocado and arrange in pinwheel on top of quiche. Serve immediately.

CHICKEN - AVOCADO ENCHILADAS

1 1/2 c. chopped, cooked chicken
1 1/4 c. salsa
1 tsp. ground cumin
3/4 c. chopped red or green pepper
1 (3 oz.) pkg. cream cheese, softened
1/2 c. sliced green onions, with tops
1/3 c. sliced ripe olives
1 ripe avocado, peeled, pit removed, and cut into 12 lengthwise slices
8 (6-7 in.) flour tortillas

Sour cream
Olive slices
Diced tomatoes
Cheese

Combine chicken, 1/2 cup of salsa, and cumin in saucepan. Simmer and stir 5 minutes. Add pepper, cream cheese, green onions, and olives. Stir until cream cheese melts. Place 1 avocado slice down center of each tortilla; top with heaping 1/4 cup of chicken mixture.
Roll up; place seam side down in greased 7 by 11 inch baking dish. Spoon remaining 3/4 cup salsa over enchiladas.

Cover tightly with foil. Bake in 350 degree oven for 25-30 minutes or until hot. Top as desired with remaining avocado and optional toppings. Serve with additional salsa. Serves 4.

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CHICKEN AVOCADO VINEGRETTE

6 1/2 chicken breasts, boned and skinned
1 avocado, cubed
Olive oil - vinegrette dressing
1 tomato, chopped
1 c. dry roasted peanuts, sauteed in butter

Grill or broil chicken, about 15 minutes. Mix cubed avocado and dressing to desired consistency. Saute peanuts in butter. To serve, place tablespoon of avocado mixture, then spoonful of tomato, then spoonful of peanuts on top of chicken.

CRAB STUFFED AVOCADOS

1 avocado, halved, seeded & peeled
6 oz. can crab
Lettuce to cover plates
1 1/4 c. mayonnaise
3 tsp. lemon juice
2 tbsp. drained capers
1 tbsp. chopped parsley
3 tbsp. catsup
2 tbsp. chopped green onion
2 tbsp. dill
1/8 tsp. cracked black pepper
1/8 tsp. salt (optional)

Place crab in avocado half. Top with sauce. Serve on bed of lettuce. Sauce is best if made the day before and refrigerated.

ORANGE AVOCADO SALAD WITH MOLASSES DRESSING

1/4 c. vegetable oil
2 1/2 tbsp. lime or lemon juice
1 tbsp. molasses
1/2 tsp. dry mustard
2 heads lettuce
1/2 avocado
2 navel oranges
1/2 med. sized red onion

Prepare dressing: combine first 4 ingredients in a jar with tight fitting lid. Shake well. Store in refrigerator until ready to use. Arrange lettuce on large platter. Fan avocado slices on left and right sides. Arrange orange slices in center. Top with rings of red onion. Drizzle with dressing. Serves 8.

POTATO AVOCADO SALAD

3 lbs. new potatoes
2 ripe avocados
1 bunch green onions
1/4 c. olive oil
2 tbsp. vinegar

1/8 tsp. pepper
2 tbsp. lemon juice
1 c. mayonnaise
3 hard boiled eggs

Boil potatoes; peel and cube. Put in a bowl. Peel and chop avocados, chop green onions and add to potatoes. Toss with oil, vinegar and pepper. Chill several hours. When ready to serve add lemon juice to mayonnaise and add to salad with coarsely chopped eggs. Blend. Add salt to taste if desired.

GREEN SALAD WITH AVOCADO AND STRAWBERRIES

12 strawberries, sliced
3 kiwi, peeled and sliced
1 head Boston lettuce or mixture of greens
1 avocado, cut into cubes
Orange Dressing (below)

Combine all ingredients except avocado and dressing and chill. Just before serving, add avocado and toss with dressing. Serves 6-8.

ORANGE DRESSING:

1/3 c. vegetable oil
3 tbsp. raspberry vinegar
3 tbsp. fresh orange juice
1/2 tsp. salt
1/2 tsp. cracked pepper

Combine in jar and shake well.