

CAPRESE STUFFED AVOCADO

Serves 4



INGREDIENTS

- 1/4 cup Balsamic Vinegar
- 2 Avocados
- 1 tsp. Fresh Lemon Juice
- 2 Tbsp. Canola Oil
- 1/2 tsp. Salt
- 1/4 tsp. Ground Black Pepper
- 3 oz. Fresh Mozzarella, diced
- 8 oz. Fresh Grape Tomatoes, sliced in half
- 1/4 cup Fresh Basil, thinly sliced
- 1 Tbsp. Extra Virgin Olive Oil

INSTRUCTIONS

1. Prepare balsamic vinegar reduction: Pour balsamic vinegar into a small saucepan and bring to boil. Reduce heat to a simmer and cook until volume reduces by half.
2. Cut avocados in half. Discard pits. (DO NOT PEEL. Leave skin intact.) Cut a sliver of the skin off of the bottom of each half so that avocados sit flat, instead of tilting once they are stuffed.
3. In a small bowl, whisk together lemon juice, canola oil, 1/8 teaspoon salt and 1/8 teaspoon pepper. Brush avocados with oil and lemon juice mixture. Chill avocados.
4. In a medium sized bowl, toss mozzarella, tomatoes, and basil with olive oil and remaining salt and pepper.
5. In each avocado half, place 1/2 cup caprese salad mixture. Drizzle each 1/2 tablespoon balsamic vinegar reduction.

SCAN TO ORDER
YOUR **INGREDIENTS**



VIETNAMESE SHRIMP & VEGETABLE SPRING ROLLS

Serves 4



INGREDIENTS

Hoisin Peanut Dipping Sauce

- 1/2 cup Hoisin Sauce
- 3 Tbsp. Creamy Peanut Butter
- 4 Tbsp. Water
- 1 Tbsp. Seasoned Rice Vinegar

Spring Rolls

- 4 oz. Rice Noodles
- 1 medium Fresh Carrot, peeled and julienned
- 1/2 Fresh English Cucumber
- 2 cups Boston Bibb Lettuce, shredded
- 1 cup Napa Cabbage, shredded
- 8 Spring Roll Wrappers, 8 inch round sheets
- 1/2 cup Thai Basil
- 1/2 cup Fresh Cilantro
- 4 Fresh Mint Leaves
- 1/2 Avocado
- 8 oz. Shrimp, cooked, peeled & cut in half lengthwise

INSTRUCTIONS

1. Prepare dipping sauce by combining sauce ingredients and reserve.
2. Cook the rice noodles in boiling water for about 5 minutes, or until al dente. Shock them by immediately placing them in ice water to stop the cooking process and drain them well.
3. Combine the noodles, carrots, cucumber, lettuce and cabbage to make the filling.
4. Soak the rice paper in warm water for about 15 seconds, until it starts to soften and then place it on a cutting board. Place about a half cup of the vegetable filling in the center of the wrapper and top it with the basil, cilantro, mint, avocado and two shrimp pieces.
5. Roll from the bottom up containing the filling with your fingers. Once the bottom skin rolls over once, push down to flatten it a little. Fold in two sides snugly, and then roll up the parcel. Lay it seam side down on a serving plate. Serve with the hoisin dipping sauce.

SCAN TO ORDER
YOUR **INGREDIENTS**



CHARRED AVOCADO & MANGO SALAD BOWL

Serves 4



INGREDIENTS

- 1 Avocado
- 1 Mango, diced
- 1 Tbsp. Red Onion, minced
- 2 tsp. Jalapeño Pepper, minced
- 1 Tomato, sliced
- 1 tsp. Lime Juice
- 1/2 tsp. Kosher Salt
- 6 oz. Spring Lettuce Mix
- 1/2 tsp. Kosher Salt
- 1 Tbsp. Lime Juice
- 1 lb. Chicken Breast, grilled and sliced

INSTRUCTIONS

1. To char the avocado, remove skin and pit, cut in half and grill each half until it is charred, about 3-4 minutes per side. Chill and then dice.
2. In a medium bowl fold together the avocado, mango, red onion, jalapeño, tomato, first listed lime juice and first salt until evenly combined.
3. To build salad: Combine spring greens with second listed salt and second listed lime juice. Add chicken and top with charred avocado and mango salsa.

SCAN TO ORDER
YOUR **INGREDIENTS**



AVOCADO

EVERYDAY SUPERFOODS

CHOCOLATE AVOCADO MOUSSE

Serves 1



INGREDIENTS

- 1 cup Semi-Sweet Chocolate Chips
- 7 Avocados, cubed
- 1 cup Agave Nectar
- 1/4 cup Confectioners Sugar
- 1/4 cup Vanilla Extract
- 1/2 tsp kosher salt
- 1/4 cup Unsweetened Almond Milk
- 1 cup Baking Cocoa

INSTRUCTIONS

1. Place chocolate chips in a double boiler and heat on medium-low until chocolate is melted and completely smooth. Set aside.
2. Put remaining ingredients into a high powered blender and add melted chocolate. Blend until smooth, scraping the sides as needed. Cover and place in cooler, preferably to set up overnight (chocolate flavor intensifies as it sits overnight & is easier to pipe the next day). Pipe the mousse into individual mason jars and enjoy.

SCAN TO ORDER
YOUR **INGREDIENTS**

