

BRING ON THE

avocados



Avocado Bread

Jeff Linihan, Co-Founder and COO

Ingredients:

- Nonstick cooking spray, for the loaf pan
- 2 cups all-purpose flour
- 1½ tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp kosher salt
- 1 ripe large avocado
- 1 tsp lemon juice
- 3/4 cup sugar
- 1/2 cup half-and-half
- 1/2 tsp pure vanilla extract
- 1 large egg



Directions:

Preheat the oven to 375 degrees F. Spray a 9-by-5-inch loaf pan with cooking spray.

Whisk together the flour, baking powder, baking soda and salt in a bowl; set aside.

Thoroughly mash the avocado with the lemon juice in a large bowl. Add the sugar, half-and-half, vanilla and egg and whisk until thoroughly combined. .

Add the flour mixture and stir until incorporated

Pour the batter into the prepared loaf pan and bake for about 50 minutes, until golden brown on top and a toothpick inserted in the center comes out clean

Let cool in the pan for 10 minutes, then place on a wire rack to cool completely.

Avocado Hack

If you need to speed up the ripening process, Place it in a brown paper bag with a banana or two.

Crab Stuffed Avocado

Brian Handrigan, Co-Founder and CEO

Ingredients:

- 3 tbsp mayonnaise
- 1 tbsp fresh lime juice
- 1/4 cup finely chopped tomato
- 1 tbsp chopped cilantro
- 1 -2 tbsp minced jalapeño
- 1/4 tsp cayenne pepper
- 1/4 tsp kosher salt or to taste
- 8 oz regular lump blue crab meat
- 2 medium Hass avocados
- Black pepper to taste



Directions:

In a medium bowl, mix to combine the mayonnaise, lime juice, tomato, cilantro, jalapeno, cayenne, and salt.

Drain any excess water from the crab meat, then gently fold it into the dressing. Be careful not to overmix, or you may break up the lumps in the crab.

Cut the avocados in half, and remove the pits.

Season the avocado halves with salt and pepper.

Divide the crab salad between the four avocado halves, and serve promptly.

NOTE: Jalapeño and cayenne make this dish spicy, reduce amounts for more mild taste.

Fun Fact

The earliest discovered avocados were called alligator pears

I Hate Mayo Chicken Salad

Amy Bobchek, CRO

Ingredients:

- 1 ripe avocado
- 1 tbsp coarse/grainy mustard
- 1 tbsp fresh lime juice
- 1/2 tbsp garlic powder
- 2 cups cooked chicken, cooled
- 1/2 red onion, finely diced
- 1/2 cup jicama, finely diced
- 1/2 cup fresh pineapple, finely diced
- 8 cherry tomatoes, quartered
- 1/2 jalapeno, minced
- Handful of fresh chopped herbs - cilantro, chives, mint, parsley



Directions:

In a large bowl, mash the avocado until creamy. Add the mustard, lime juice, garlic powder, salt and pepper to taste, and combine thoroughly. Fold in the chicken and vegetables/fruits. Finish with the chopped herbs and a final squeeze of lime juice. Serve on bread, crackers, sliced cucumber, in lettuce wraps or on tortilla chips

NOTE: you can get creative with this! Try canned black beans (drained and rinsed), finely diced cucumber, apple or radish, red bell peppers, scallions....whatever you have handy will work!

What do you say
to an avocado
that has done a
good job?

Bravocado!

Mediterranean Stuffed Avocados

James Dickman, Chief Technology Officer

Ingredients:

- 1 -13oz. can chickpeas, drained and rinsed
- Pompeian Grapeseed Oil Spray
- 1/2 tsp Smoked paprika
- Salt + Pepper
- 2 large avocados, cut in half, pits removed
- 1/2 Cup Cucumber, diced
- 1/2 Cup Cherry tomatoes cut into quarters
- 1½ tbsp Fresh lemon juice
- 1 large lemon
- 2 tps Tahini
- Cilantro for garnish



Directions:

Preheat your grill to medium/high heat, about 400 degrees. Dry the chickpeas and transfer to a small bowl; peel off any of the papery skins that come lose. Spray the chickpeas with the grapeseed oil and then toss with the smoked paprika and a a few generous twists of salt and pepper. Place the chickpeas into the bottom of the grill basket in an even, flat layer, and cook on the grill for 10 minutes. Then, spray the chickpeas again with the oil and stir around. Cook for another 10-12 minutes until lightly charred and crispy. Scoop out the center of the avocado so you have a large, deep hole. Spray the avocados with Pompeian Grapeseed Oil Spray and sprinkle with salt and pepper.

Place, flesh-side down, onto the grill for about 5 minutes. Meanwhile, mix the cucumber, tomatoes, and lemon juice in a small bowl. Season with a pinch of salt and pepper. Divide the cucumber mixture between each avocado half, making sure to really stuff it into the center. Top each half with chickpeas and drizzle with 1/2 tsp Tahini. Garnish with cilantro and devour.

Avocado Hack

No butter? You can substitute an avocado in many recipes, but watch out for the green hue it might add!

Bacon Guacamole

Jason Wargel, VP Operations

Ingredients:

- 3 large ripe Hass avocados, halved, pitted, and scooped out
- 3 strips crisp bacon cut into 1/2 inch pieces
- 1/4 medium red onion, minced
- 1 tsp fresh lime juice
- 1/2 tsp smoked paprika
- 1/4 tsp ground chipotle
- 1/4 tsp kosher or sea salt
- Fresh cracked black pepper, to taste
- 1 medium tomato, seeded and diced



Directions:

In a bowl, mash the avocado with a fork until it is nearly at your desired consistency. Stir in the bacon, red onion, lime juice, paprika, chipotle, salt, and pepper. Gently fold in the tomatoes. Serve immediately or else press a piece of plastic wrap flush into the top of the guacamole, refrigerate, and serve preferably within 24 hours.

What do you shout
when the
guacamole is
ready?

Chip, Chip, Hooray!

Avocado Mac and Cheese

CJ Tate, Software Engineer

Ingredients:

- 2 large avocados, peeled and pitted
- 2 tsp lemon juice
- 1/2 cup unsalted butter
- 1/2 cup all-purpose flour
- 2 cups whole milk
- Kosher salt
- Freshly ground black pepper
- 3½ cups shredded white cheddar
- 1/2 cups freshly grated Parmesan
- 2/3 lb. fusilli pasta, boiled



Directions:

Place avocados in a medium bowl and add lemon juice to prevent browning. Mash until smooth.

In a large pot or saucepan, melt butter. Sprinkle in flour and cook until slightly golden, 2 to 3 minutes. Pour in milk and whisk until combined. Season with salt and pepper. Let simmer until it starts to thicken, about 5 minutes. Turn off heat and add mashed avocado and cheeses to pot. Whisk until smooth.

Add pasta and stir until fully coated in cheese sauce. Season again with salt and pepper if needed. Top with chopped avocado and serve.

Fun Fact

Avocados are Laurel Trees which means they are in the same family as sassafras, bay leaves, and cinnamon

Grapefruit Avocado Salad

Emma Dively, Company Success Manager

Ingredients:

- 2 avocados, peeled and sliced
- 2 grapefruits, peeled, segmented, seeds removed
- Lettuce

Citrus vinaigrette:

- 1/2 shallot minced (1 tbsp)
- 1½ tsp chopped fresh oregano
- 1½ tsp lime zest
- 3 tbsp lime juice
- 1/2 cup olive oil
- 1 tsp sugar
- 1/4 tsp kosher salt



Directions:

Mix the vinaigrette ingredients in a small bowl.

Supreme the grape fruit segments. First slice off a half-inch from the top and bottom end of the fruit, enough to easily expose the fruit. Then use cut away the peel following the contours of the fruit until it is completely peeled. Cut alongside the grapefruit segments and remove them by either cutting the segments away from the membranes, or by gently pulling the segment out. Continue to work around the grapefruit until you've cut out or removed all of the segments, without their connective membranes.

Peel and slice the avocados.

Assemble salad: Arrange slices of avocados and grapefruit segments on bed of lettuce leaves and top with dressing.

What is an
avocado's favorite
type of music?

Guac and Roll

Award Winning Guacamole

Charlie Eaton, VP of Product Design

Ingredients:

- 1 avocado
- 1/8 cup diced yellow onion
- 4 quartered cherry tomatoes
- 1/8 tsp sea salt
- 1/8 tsp black pepper
- 1/4 tsp cumin
- 1/4 tsp smoked paprika
- 1 tbsp chopped cilantro



For larger portions, add:

- 1 medium clove of garlic, minced
- 1/2 a lime, juiced

Directions:

Mix all ingredients together. For the best results let sit in the fridge for an hour or two to give the lime and garlic time to blend. Serve with tortilla chips, on toast, or however you like your guac!

Avocado Hack: Keeping Guac Green

Get leftovers into the refrigerator as soon as possible. The secret to keeping guacamole greener longer is to deprive it of oxygen. The browning comes from oxidization. Choose a container that has a lid and put the guac in that, smooth the top and press it to get the air out of the guac as much as possible. Then, using plastic wrap, press the plastic directly against the top of the guacamole and seal along the edges of the dish until it's as air tight as possible. I usually make the plastic wrap large enough to go all the way over the edges of the bowl. Then place the lid on the bowl and press out as much air as possible. Your guacamole will stay green for sometimes up to 3 days in the fridge.

Cowboy Caviar

Denis Korzhou, Quality Assurance

Ingredients:

- 3 Roma tomatoes seeds removed, diced
- 2 ripe avocados diced
- 1/3 cup red onion diced
- 1-15 oz can black beans rinsed and drained
- 1-15 oz can black eyed peas rinsed and drained
- 1.5 cups frozen sweet corn thawed
- 1 bell pepper diced
- 1 jalapeño pepper seeds removed, diced into very small pieces
- 1/3 cup Cilantro finely chopped



DRESSING

- 1/3 cup olive oil
- 2 tbsp lime juice fresh preferred
- 2 tbsp red wine vinegar
- 1 tsp sugar
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp garlic powder
- Tortilla chips for serving

Directions:

Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeño pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.

In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.

Pour dressing over other ingredients and stir/toss very well.

Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Why was the
avocado followed
by the paparazzi?

He was a guac star

Avocado and Egg Toast

Andrew Ellison, Software Engineer

Ingredients:

- 1 slice whole grain bread, toasted
- 1/4 small Haas avocado, mashed
- Cooking spray
- 1 large egg
- Kosher salt and black pepper to taste
- Hot sauce, optional



Directions:

Mash the avocado in a small bowl and season with salt and pepper.

Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into the skillet. Cover and cook to your liking.

Place mashed avocado over toast, top with egg, salt and pepper and hot sauce if desired!

NOTE: You can add additional toppings such as cheese, everything bagel seasoning, onion, or tomato based on what you like

Fun Fact

In the summer of 2017, more than 3 million photos of avocado toast were uploaded to Instagram daily.

Grilled Corn Avocado Salad

Greg Dixon, Director of Sales

Ingredients:

- 1 ripe avocado
- 3 ears of corn, husked
- 2 tbsp unsalted butter, melted
- 1½ tsp kosher salt, plus more
- Freshly ground black pepper
- 3 tbsp. fresh lime juice
- 2 tbsp honey
- 1½ tsp Sriracha
- 1 tsp granulated garlic or garlic powder
- 1½ avocados, cut into ¾" pieces
- 1 serrano chile, thinly sliced
- 1/2 cup cilantro leaves with tender stems



Directions:

Prepare a grill for medium-high heat.

Brush ears of corn with butter; season with salt and pepper.

Grill, turning occasionally, until kernels are very tender and charred in spots, 10-12 minutes. Let cool slightly, then cut kernels from cobs.

Meanwhile, whisk lime juice, honey, Sriracha, granulated garlic, and 1½ tsp. salt in a large bowl.

Add corn, avocados, chile, and cilantro to mix and toss; season with salt and pepper.

Cover with plastic wrap, pressing in direct contact with salad to prevent avocados from turning brown.

Chill at least 2 hours.

What do you call a young avocado?

An Ava-kiddo

Avocado Brownies

Lizzie McCarthy, Office Operations Specialist

Ingredients:

- 2 ripe avocados, remove skin and pit
- 1/2 cup pure maple syrup
- 1/4 cup raw granulated sugar
- 2 large eggs
- 1 tsp pure vanilla extract
- 1/2 tsp baking soda
- 1/2 cup whole wheat flour
- 1/2 cup unsweetened cocoa
- 1/2 tsp salt or pinch of sea salt
- 1/2 cup semi-sweet chocolate chips



Directions:

Preheat oven to 350 degrees.

In a food processor, add the avocado, maple syrup, and sugar. Blend well. Then add the eggs and vanilla extract. Mix well so that all of the ingredients are blended together.

Gently add in the flour, baking soda, salt, and cocoa and mix well. Turn off the processor and remove the blade. Stir in the chocolate chips using a spoon or spatula.

Evenly spread the batter into a lightly greased 8 x 8 pan.

Bake for 25-30 minutes or until done. Test the middle of the batter with a knife or toothpick to make sure nothing sticks.

Remove from heat and let cool.

How did the
avocado feel after
the gym?

Hard Core

Spinach Avocado Grilled Cheese

Jack Zavoral, Business Development Contractor

Ingredients:

- 2 slices bread
- 2-3 slices cheese such as American, Pepper Jack, or Mild White Cheddar
- 1 avocado (feel free to just use half)
- 6-10 fresh spinach leaves
- Butter as needed



Directions:

Mashed the avocado and sprinkle a tiny pinch of salt on it. Place on top one slice of bread.

Top with spinach and cheese slices then seal with remaining slice of bread.

Next heat a pan to medium heat with a pad or two of butter. Once hot, add your sandwich. Use a spatula to press down on the grilled cheese.

Before flipping, add a little more spread/oil if your pan is dry.

Grill each side until golden brown.

Slice in half and chow down while it's hot!

Fun Fact

The world record for the largest avocado is 5 pounds, 3.6 ounces.