

Summer 2023 Recipes

Recently a member of the California Avocado Commission Board commended the significant effort the Commission puts into creating and sharing new recipes as part of its consumer and retail programs and added that growers might enjoy an opportunity to try the recipes. The Commission encourages growers to visit CaliforniaAvocado.com/recipes/ where many of the recipes are posted. You also can explore recipes that match your specific dietary lifestyle or preferences based on dietary choices, recipe types or your preferred protein pairing.

For this edition of From the Grove, the Commission is highlighting two recipes. The first recipe, California Burger in a Bowl, was developed by the Commission team for use in retail programs and for sharing on CaliforniaAvocado.com, due to the high volume of web searches for burger bowl reci-

pes. By developing a recipe around the popular “burger bowl” concept, the Commission can encourage retail demand for California avocados with an on-trend recipe that also brings traffic to the consumer website. This easy-to-make recipe also was approved by the Produce for Better Health Foundation because it combines four different produce ingredients in one dish and meets their nutrition requirements.

The second recipe, Miso Avocado Green Goddess Salad, was developed by trusted influencer and California Avocado Brand Advocate Remy Park. Remy, the creator of the Veggiekins blog, is known for her unique vegan recipes and stunning food photography. Her recipes and social media influence help CAC reach targeted avocado shoppers interested in plant-forward usage ideas. This recipe features California avocados in both the salad base and the dressing, giving consumers multiple usage ideas in a single recipe.

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California Burger in a Bowl

Serves: 4

Total time: 20 minutes

All of the ingredients of a classic cheeseburger — except the bun — are combined in this loaded burger bowl recipe. That means fewer calories and carbs than a traditional burger. This entree can be prepared quickly and you can easily vary the ingredients to adapt the recipe to how you prefer your burgers. Of course, the California avocados are what make it a California Burger Bowl!

Ingredients:

- 1 ½ lb. lean (80/20) ground beef
- ¼ cup minced yellow or white onions
- ¼ tsp. steak seasoning or seasoned salt, or to taste
- 2 tsp. Worcestershire sauce
- 1/8 tsp. ground black pepper
- 1 head butter lettuce, leaves separated and washed
- 2 ripe, Fresh California Avocados, seeded, peeled and halved
- 2 large or 4 small tomatoes, diced
- 1 cup shredded cheese (Cheddar or your choice)
- ½ cup drained dill or sweet pickle chips, 1 tsp. pickle juice reserved
- ½ cup diced cooked bacon, optional
- Burger condiments such as mayonnaise, mustard, ketchup, optional



Instructions:

1. Combine ground beef, onions, steak seasoning and Worcestershire sauce. Form into burger patties, smoothing the edges for even cooking.
2. Heat a large cast iron skillet or griddle to medium high. Place the burger patties in the hot skillet. In the center of each patty make a deep thumbprint. (This helps the centers cook at the same rate as the rest of the burgers.) Cook for 3 to 5 minutes, then flip the patties to the other side. Cook an additional 3 to 5 minutes on the other side depending on how well done you prefer your burger. Sprinkle with pepper and keep warm.
3. Line four entrée-size bowls with butter lettuce leaves around the sides and along the bottom.
4. Mash one avocado half and stir in the pickle juice. Divide mashed avocado among the bowls. Slice or dice the remaining avocados.
5. Add the cooked burger patties, tomatoes, cheese, pickle chips and diced avocados to the bowl. (You can place each ingredient in its own section or layer them all.)
6. Serve with your favorite burger condiments.

***Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly. As with all fruits and vegetables, wash avocados before cutting. For full nutrition information, serving suggestions and variations check out the recipe at <https://californiaavocado.com/recipe/california-burger-in-a-bowl/>.*

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Miso Avocado Green Goddess Salad

Recipe created by Remy Park, Veggiekins, for the California Avocado Commission

Serves: 4

Total time: 10 minutes

This refreshing and crunchy Green Goddess Salad has a super creamy must-try dressing made with ripe California avocados. This twist on the viral salad recipe is totally vegan and nut-free. It uses a few key Japanese ingredients to make the dressing, and the salad is made with plenty of herbs, greens, peppers and a secret ingredient: California avocados. It's crunchy, spicy, citrus-y, tangy, umami and rich!

Ingredients:

- 1 head green cabbage, finely sliced
- 4 Persian cucumbers, finely sliced
- 1 cup sliced sugar snap peas
- 3 green onions, finely sliced
- 1 cup Miso California Avocado Dressing (see make-ahead recipe below)
- 1/8 tsp. toasted sesame seeds, for garnish
- 1/2 ripe, Fresh California Avocado, seeded, peeled and sliced

Instructions:

1. Combine cabbage, cucumbers, snap peas and green onions into a large mixing bowl.
2. Pour Miso California Avocado Dressing over the veggies and toss to combine.
3. Top salad with toasted sesame seeds and avocado slices.

Miso California Avocado Dressing Ingredients

- 1/4 cup. lime juice
- 2 cloves garlic, chopped
- 1 small shallot, chopped
- 1 small serrano pepper, finely sliced
- 1/4 oz. chives, chopped
- 2 Tbsp. rice vinegar
- 2 Tbsp. nutritional yeast
- 1 Tbsp. white miso paste, or more to taste
- 1 Tbsp. tamari
- 2 tsp. toasted sesame oil
- 2 Tbsp. olive oil
- 1 cup (tightly packed) spinach
- 1 ripe, Fresh California Avocado, seeded and peeled
- 1/8 tsp. salt, or to taste

Miso California Avocado Dressing Instructions

1. Add all ingredients to a blender and blend until completely smooth, using a spatula in between blending to scrape down the sides of the blender. Season with salt, as needed, and set aside until ready to serve.
2. Reserve and refrigerate extra dressing for another use.



Recipe image used on social media

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