

Featured California Avocado Recipes

For this edition of *From the Grove* the California Avocado Commission is highlighting two recipes. The first recipe, *Chicken and California Avocado Casserole*, was developed by California avocado grower Dorcas Thille. This delicious comfort food recipe includes fresh California avocados inside the casserole as well as in the topping! The second recipe, *Air Fried Avocado Egg Cups with Sriracha Yogurt Cream*, was created by dietitian Wendy Jo Peterson, drawing on consumer interest in recipes using air fryers and multicookers. A culinary-trained nutritionist, Peterson also is an award-winning cookbook author,

including *Air Fryer Cookbook for Dummies*.

To explore recipes created by other California avocado growers and more, visit CaliforniaAvocado.com/recipes/. Growers: to share one of your family's California avocado recipes for use in marketing communications, call 949-341-1955. 🥑

***Large avocados are recommended for these recipes. 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.*

Air Fried Avocado Egg Cups with Sriracha Yogurt Cream

Serves: 2

Time: 12 minutes

Ingredients:

1 ripe, Fresh California Avocado, halved, seeded, peeled
½ lime
2 medium eggs
⅛ tsp. crushed black pepper
⅛ tsp. sea salt, divided
Cooking spray
2 Tbsp. plain Greek yogurt
¼ tsp. sriracha sauce, or more to taste
½ tsp. black sesame seeds



Instructions:

1. Preheat air fryer to 370° for 4 minutes.
2. Depending on seed size, you may need to scoop a tablespoon out of the center of your avocado. If the seed is large, the egg should fit inside the center hole with ease. Next, squeeze one quarter lime over the avocado insides. Place each avocado half in small, oven-safe ramekins, cut-side up. Crack each egg one at a time and place into the center of the avocado. Season the eggs with pepper and half the salt. Spray the avocado egg cups with cooking spray.
3. Cover the ramekins with foil. Place the ramekins inside the air fryer basket. Cook at 370° for 4 minutes. Open air fryer and remove foil. Continue cooking for 4 minutes.
4. Meanwhile, in a small bowl, stir together Greek yogurt, sriracha sauce, and the juice of the remaining lime quarter. Season with salt to taste.
5. Check to see the egg is set by gently pressing on the white edges of the egg, if it is too soft return for another 2 minutes. Total cook time may vary depending on air fryer.
6. To serve, slice the avocado egg cups in halves. Top with sriracha cream and sprinkle with black sesame seeds.

Notes: If you can't find black sesame seeds, white sesame seeds work great, too. Sour cream can be substituted for Greek yogurt.

Chicken and California Avocado Casserole

Serves: 4

Time: 1 hour

Ingredients

- 1 (16-oz.) container salsa verde
(fresh green salsa in the refrigerated section)
- $\frac{3}{4}$ cup low sodium chicken broth
- 12 medium corn tortillas, cut into 1-inch strips
- 3 cups cooked shredded chicken
- 1 (8-oz.) package shredded jack cheese
- 1 (8-oz.) package shredded low-fat Mexican cheese blend
- 2 ripe, Fresh California Avocados,
seeded, peeled and chopped
- $\frac{1}{2}$ tsp. kosher salt, or to taste
- California Avocado Sauce
(see make-ahead recipe below)



Instructions

1. Preheat oven to 350°F. Spray a 9x13-inch baking dish with non-stick cooking spray.
2. Combine salsa verde and chicken broth in a medium bowl. Set aside.
3. Cover bottom of prepared baking dish with half the tortilla pieces. Spoon half the salsa verde mixture over tortillas.
4. Scatter half the chicken over salsa verde. Sprinkle with half of the cheeses. Spoon all the avocados evenly over cheese and sprinkle lightly with salt. Place remaining tortilla pieces on top of avocado, pressing gently to compress ingredients. Spoon remaining salsa verde mixture over tortillas, followed by the remaining chicken. Top with remaining cheese.
5. Bake until cheese is bubbly and begins to brown, about 35 minutes. Remove from heat and let cool 10 minutes before serving.

California Avocado Sauce

Sauce Ingredients

- 1 ripe, Fresh California Avocado, seeded and peeled
- $\frac{2}{3}$ cup low sodium chicken broth
- $\frac{1}{8}$ tsp. ground black pepper
- $\frac{1}{4}$ tsp. salt, or to taste

Sauce Instructions

1. Place all sauce ingredients in the work bowl of a food processor or blender and purée until smooth.
2. Top the casserole with sauce or serve on the side.