

Featured California Avocado Recipes

This edition of *From the Grove* features two simple recipes that have resonated with consumers in a big way. The first recipe, *Avocado Bacon Grilled Cheese Sandwich*, was created because the recipe title is a very popular term that consumers search for online. Also, because the recipe is simple it could be easily showcased with retail and social media programs. Created for this fiscal year, by June the sandwich recipe had already been “pinned” 22,000 times by visitors to the social media platform Pinterest and viewed more than 1 million times.

The second recipe, *Best Guacamole Ever*, is an example of a

California Avocado Commission marketing investment that continues to deliver results long after the initial activity. The guacamole recipe was a winner in a CAC consumer recipe contest in 2011. It has been popular on CaliforniaAvocado.com ever since, reaching more than 1 million views in 2024 so far.

Growers, do you agree with the recipe creator that this featured recipe is the best guacamole ever? Do you have an even better recipe? Sharing one of your family’s California avocado recipes for use in marketing communications would be valuable and appreciated. Please call 949.341.1955 if you have a recipe to share. 🥑

Best Guacamole Ever

Serves: 8

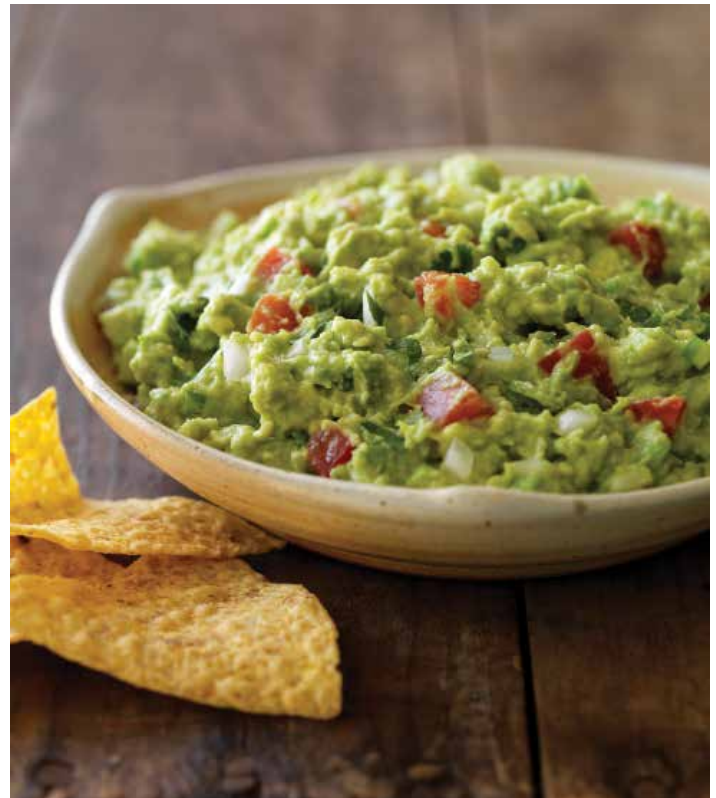
Time: 10 minutes

Ingredients

- 4 ripe, Fresh California Avocados, seeded and peeled
- 3 limes, juice only
- 2 medium tomatoes, chopped
- 1 medium white onion, chopped fine
- 1/4 tsp. ground black pepper
- 1/2 tsp. salt
- 2 cloves fresh garlic, minced
- 1/8 tsp. cumin
- 1/8 tsp. cayenne pepper
- 1/8 tsp. sugar
- 1 serrano chile, chopped fine
- 1 bunch cilantro, chopped

Instructions

1. Place avocados in a bowl and mash with a fork.
2. Mix in remaining ingredients; serve immediately.



****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.**



Avocado Bacon Grilled Cheese Sandwich

Serves: 1

Time: 10 minutes

Ingredients

- 2 slices seeded whole grain bread, or sliced bread of choice
- 2 (1-oz.) slices cheese (such as cheddar, cheddar jack, gruyere etc.)
- 1/4 ripe, Fresh California Avocado, seeded, peeled and sliced
- 2 slices crispy cooked bacon, cut or folded horizontally in half
- 1/2 Tbsp. butter, melted
- 1/2 Tbsp. mayonnaise*

Instructions

1. Preheat an individual sandwich maker or see below for skillet instructions. Place one cheese slice on one bread slice.
2. Spread avocado slices over the cheese slice leaving a small border of cheese around the edges. (Tip, if using a sandwich maker, place the avocado slices to either side of the sandwich maker's diagonal bar.)
3. Top with the second slice of cheese, the bacon slices and the remaining bread slice.
4. Combine the melted butter and mayonnaise; spread half the mixture onto the top slice of bread.
5. Carefully place the sandwich into the sandwich maker with the butter-mayonnaise spread side down.
6. Spread the remaining butter-mayonnaise mixture on the other side of the sandwich and close the sandwich maker. Cook for 2 to 5 minutes or until the sandwich is golden brown and the cheese is melted. With a heat resistant spatula or tongs remove cooked sandwich and place on a plate. Cut in half and serve immediately.

Recipe editor's notes: *Using a combination of melted butter and mayonnaise gives a crisp texture to the grilled cheese sandwich along with a buttery taste. The sandwich can also be cooked for a total of 5 minutes in a skillet or grill pan on the stove top.