

Featured California Avocado Recipes

In this edition of *From the Grove*, the California Avocado Commission features two recipes that go beyond traditional guacamole and Mexican cuisine to showcase the versatility of California avocados and encourage expanded usage. Chef Todd Chang developed *California Avocado and Ahi Poke Bowl* and Chef Josiah Citrin created *Linguine with California Avocado Pesto and Cherry Tomatoes*. Both California chef recipes were crafted for consumer use and are highly rated on CaliforniaAvocado.com. The recipes have been utilized in multiple consumer programs and public relations activities. 🥑

(Growers: please call 949.341.1955 if you have a California avocado recipe to share in CAC marketing communications.)

California Avocado & Ahi Poke Bowl

Serves: 4

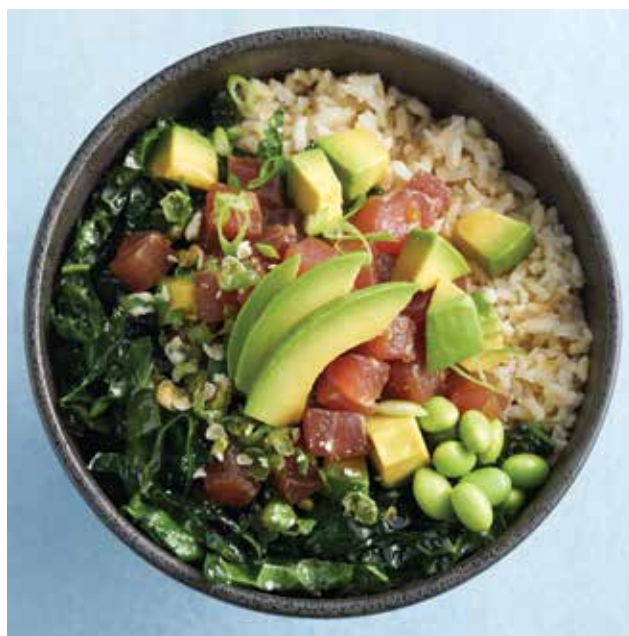
Time: 45 minutes, including 30 minutes chill time

Ingredients

- 1 lb. ahi tuna sashimi
- ¼ cup ponzu
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. extra virgin olive oil
- 2 cups shredded kale (leafy parts only, no stems)
- 2 ripe, Fresh California Avocados, peeled and seeded
- 2 Tbsp. finely chopped green onions
- 2 Tbsp. sriracha mayonnaise, optional
- 3 cups cooked brown rice, hot
- ½ cup edamame beans (thawed if frozen)
- 2 Tbsp. crushed wasabi peas

Instructions

1. Cut tuna into ½” cubes. Combine with ponzu and soy sauce.
2. Cover and refrigerate for 30 minutes.
3. Meanwhile, massage oil into shredded kale; reserve.
4. Dice one avocado and slice the other.
5. Mix marinated tuna, green onions and the diced avocado.
6. For a spicy tuna version mix in sriracha mayonnaise.
7. To assemble the poke bowls, divide the hot rice and kale among 4 individual large bowls. Top with tuna mixture and garnish with sliced avocado, edamame beans and crushed wasabi peas.



Linguine with California Avocado Pesto and Cherry Tomatoes

Serves: 4

Time: 35 minutes

Ingredients

- 1 lb. linguine, cooked al dente, reserving 1 cup of pasta water
- 2 ripe, Fresh California Avocados, seeded, peeled and halved
- 1 cup baby arugula leaves
- 1 cup baby spinach leaves
- 1 cup fresh basil leaves, packed
- ¼ cup toasted pumpkin seeds
- ¼ cup toasted cashews
- 2 cloves garlic, peeled and smashed
- 3 Tbsp. lemon juice
- 3 Tbsp. extra virgin olive oil
- 1 tsp. sea salt
- 2 tsp. freshly ground black pepper
- 1 cup grated parmesan cheese
- 1 cup halved cherry tomatoes
- 2 Tbsp. julienned basil leaves, for serving



Instructions

1. Place cooked linguine and reserved pasta water to the side.
2. Add the halved avocados, baby arugula, baby spinach, basil leaves, pumpkin seeds, cashews, garlic, lemon juice, extra virgin olive oil, sea salt and pepper to a blender or food processor and then blend until smooth.
3. Once the pesto is smooth, add the grated parmesan and pulse a few more times to combine.
4. Place the pasta in a large serving bowl and top with the California Avocado Pesto.
5. Toss the pasta together with the pesto until coated.
6. Add the halved cherry tomatoes.
7. A small amount of reserved pasta water can be added to the pasta, as needed, to create a loose, silky pesto that coats the linguine evenly.
8. Sprinkle pasta with the julienned basil leaves and serve.

Serving Suggestion: In addition to the julienned basil, you can top the dish with any remaining toasted pumpkin seeds or cashews for added texture.

****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.**