

Recipes
Inspired By The
Mediterranean
Diet



CALIFORNIA AVOCADOS



Mediterranean Pasta Salad with Artichokes and Avocado

Recipe provided by the California Avocado Commission

PREP TIME: 15 MINUTES

COOK TIME: 10 MINUTES

TOTAL TIME: 25 MINUTES

SERVES: 4

INGREDIENTS

- 3 Tbsp STAR Extra Virgin Olive Oil
- 1 Tbsp fresh lemon juice
- 1/4 tsp salt
- 2 Tbsp loosely packed fresh dill
- 1/2 lb orecchiette or small pasta, cooked, drained and cooled
- 1 large, ripe California Avocado, peeled, seeded and cut into 1/2" cubes
- 1 cup cherry tomatoes, cut in quarters
- 1/4 cup pitted kalamata olives, cut in half
- 1/2 medium hot house cucumber, cut lengthwise in quarters and sliced
- 1 (6.5-oz) jar Cara Mia Marinated Artichoke Hearts, drained and cut in half

INSTRUCTIONS

Place olive oil, lemon juice and salt in a food processor or blender; blend until creamy. Add dill and pulse just until incorporated. Pour over pasta and toss to coat. Add remaining ingredients and toss to combine.

NUTRITION INFORMATION PER SERVING

Calories 300; Total Fat 19 g (Sat 2.5 g, Trans 0 g, Poly 2 g, Mono 13 g); Cholesterol 0 mg; Sodium 270 mg; Potassium 540 mg; Total Carbohydrates 30 g; Dietary Fiber 8 g; Total Sugars 3 g; Protein 7 g; Vitamin A 646 IU; Vitamin C 18 mg; Calcium 74 mg; Iron 3 mg; Vitamin D 0 IU; Folate 107 mcg; Omega 3 Fatty Acid 0.2 g



Summer Lentil Salad

Recipe provided by the California Avocado Commission and Borges USA-STAR Fine Foods

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 25 MINUTES

SERVES: 4

INGREDIENTS

- 1/2 cup dried lentils, sorted and rinsed
 - 2 1/2 Tbsp STAR Extra Virgin Olive Oil
 - 2 Tbsp STAR Balsamic Vinegar
 - 2 medium garlic cloves, minced
 - 3/4 tsp dried rosemary
 - 1/2 tsp salt
 - 1/8 tsp dried pepper flakes (optional)
 - 1 1/2 cups grape tomatoes, quartered
 - 1 cup Cara Mia Marinated Artichoke Hearts, coarsely chopped plus 2 Tbsp marinade
 - 1/2 large, ripe California Avocado, peeled, seeded and chopped
 - 1/4 cup chopped fresh basil, or to taste
 - 1 cup spring greens or baby spinach, coarsely chopped
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INSTRUCTIONS

Bring 2 cups water to boil in medium saucepan. Stir in lentils, reduce heat, cover, simmer 20 minutes or until just tender. Meanwhile, whisk together olive oil, vinegar, garlic, rosemary and salt in medium bowl. Fold in remaining ingredients, except spring greens. Drain lentils in colander and run under cold water to cool quickly. Shake off excess liquid and stir into the artichoke mixture. Fold in spring greens until slightly wilted. Serve as is or in Boston Bibb lettuce cups or on whole romaine lettuce leaves.

TIP

For even faster preparation, use one cup of pre-cooked lentils.

NUTRITION INFORMATION PER SERVING

Calories 250; Total Fat 14 g (Sat 1.5 g, Trans 0 g, Poly 1 g, Mono 9 g); Cholesterol 0 mg; Sodium 440 mg; Potassium 267 mg; Total Carbohydrates 25 g; Dietary Fiber 7 g; Total Sugars 4 g; Protein 10 g; Vitamin A 1120 (IU); Vitamin C 18 mg; Calcium 15 mg; Iron 3 mg; Vitamin D 0 (IU); Folate 40 mcg; Omega 3 Fatty Acid 0.1 g



Artichoke & Avocado Stuffed Tortillas

Recipe provided by the California Avocado Commission and Borges USA-STAR Fine Foods

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 35 MINUTES

SERVES: 4

INGREDIENTS

- 1 cup Cara Mia Marinated Artichoke Hearts, coarsely chopped plus 2 Tbsp marinade
- 1 (15-oz) can no salt added black beans, rinsed and drained
- 1/2 large, ripe California Avocado, peeled, seeded and chopped
- 1 medium lime, quartered
- 1 medium garlic clove, minced
- 1/2 tsp ground cumin
- 1/2 cup chopped cilantro (optional)
- 4 whole wheat tortillas
- 1 (10-oz) can enchilada sauce
- 2 Tbsp STAR Extra Virgin Olive Oil
- 1/2 cup shredded cheddar cheese (optional)
- 1/2 cup sour cream (optional)

INSTRUCTIONS

Preheat oven to 350° F. Combine artichoke hearts and black beans in medium bowl, add avocado and squeeze 1 lime wedge over it. Gently toss the black bean mixture with the marinade, garlic, cumin and half of the cilantro. Spoon equal amounts down the center of each tortilla. Roll slightly and place seam side down in a nonstick 13" x 9" baking pan. Combine enchilada sauce with olive oil and spoon mixture over the tortillas, being sure to cover tortillas completely and bake, uncovered, 20 minutes to heat thoroughly. If desired, top each tortilla with equal amounts of cheese and sour cream. Squeeze lime wedges over all and sprinkle with remaining cilantro.

NUTRITION INFORMATION PER SERVING

Calories 390; Total Fat 14 g (Sat 1.5 g, Trans 0 g, Poly 1 g, Mono 8 g); Cholesterol 0 mg; Sodium 650 mg; Potassium 140 mg; Total Carbohydrates 49 g; Dietary Fiber 11 g; Total Sugars 6 g; Protein 13 g; Vitamin A 565 (IU); Vitamin C 10 mg; Calcium 39 mg; Iron 5 mg; Vitamin D 0 (IU); Folate 20 mcg; Omega 3 Fatty Acid 0.1 g



Gazpacho with California Avocado

Recipe provided by Borges USA-STAR Fine Foods

TOTAL TIME: 25 MINUTES

SERVES: 6

INGREDIENTS

- 1 lb tomatoes, chopped
 - 1 (14.5-oz) can diced tomatoes
 - 1 green bell pepper, chopped
 - 1/2 cup STAR Red Wine Vinegar
 - 2 Tbsp STAR Extra Virgin Olive Oil
 - 1 cup water
 - 1 cucumber, chopped
 - 2 garlic cloves, crushed
 - 1 large, ripe California Avocado, peeled and cubed
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INSTRUCTIONS

Combine all ingredients, except avocado, in food processor and blend until smooth. Salt to taste. Refrigerate for several hours or overnight. Serve in bowls and garnish with cubed avocado.

NUTRITION INFORMATION PER SERVING

Calories 140; Total Fat 10 g (Sat 1.5 g, Trans 0 g, Poly 1 g, Mono 7 g); Cholesterol 0 mg; Sodium 280 mg; Potassium 210 mg; Total Carbohydrates 12 g; Dietary Fiber 4 g; Total Sugars 6 g; Protein 3 g; Vitamin A 493 (IU); Vitamin C 34 mg; Calcium 20 mg; Iron 1 mg; Vitamin D 0 (IU); Folate 27 mcg; Omega 3 Fatty Acid 0.1 g



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