



California Avocados

Congratulations! – You have just received a special sampling of MISTER SPEAR Gourmet California Avocados. Although native to Mexico and Central America, avocados were introduced to California in 1848 and have since become a major contributor to California agriculture.

Avocados are a versatile, healthy fruit containing no cholesterol (avocado oil is mono-saturated ... similar to olive oil). Naturally low in sodium, avocados are a great source of Vitamin A, and ounce for ounce contain more potassium than 45 popular fruits and vegetables.

Avocados are usually eaten raw and will become bitter if cooked over high heat. Try them sliced into a sandwich, diced into a salad, cubed into an omelette or wrapped with ham slices for appetizers. Toss with hot pasta, or add cubes to a bowl of chicken soup. The following recipe suggestions are proven favorites, but feel free to experiment on your own.

Bon Appétit!

Kiwi-Lime Salmon with Avocado

- 4 large lettuce leaves
- 1½ cups cooked boneless salmon chunks
- ½ cup red bell pepper, diced
- 1 firm-ripe MISTER SPEAR avocado, seeded, peeled and sliced
- 1 cup fresh pineapple chunks

Place lettuce leaves on salad plates.

Arrange salmon, bell pepper, MISTER SPEAR avocado and pineapple on lettuce.

Drizzle salmon and other ingredients with Kiwi-Lime dressing (recipe follows).

Serves 4.

Kiwi-Lime Dressing

- ¼ cup canola oil
- ¼ cup honey
- 1 Tbsp. fresh lime juice
- 1 ripe kiwi fruit, peeled and diced
- 1 tsp. grated fresh ginger

Combine all ingredients in blender. Blend on high speed until smooth.

Avocado Chilled Gazpacho

- 1 large cucumber, peeled & seeded
- 3 cups regular-strength chicken broth
- ¼ cup firmly packed fresh cilantro
- 2 Tbsp. lime juice
- 2 MISTER SPEAR firm-ripe avocados
- ½ cup red onion, minced
- Garlic croutons
- Fresh cilantro sprigs
- 2 medium-sized limes, cut into wedges

Cut cucumber into chunks and put into a blender; whirl with 2 cups of the chicken broth, cilantro, and lime juice until smoothly puréed.

Seed, peel, and coarsely chop MISTER SPEAR avocados. Add to cucumber mixture and whirl briefly to coarsely purée avocado. Cover and chill until cool, at least 2 hours or overnight.

Just before serving, mix ½ cup minced onion and remaining broth to soup.

Serve topped with croutons, and cilantro sprigs. Offer lime wedges and additional croutons on the side.

Serves 6.

Avocado Fans with Red Pepper Paint

- 2 MISTER SPEAR firm-ripe avocados
- 2 Tbsp. lemon juice
- 2 cups washed and crisped arugula
- 2 medium-sized lemons, quartered lengthwise
- paprika
- RED PEPPER PAINT
- 1 jar (7 oz.) roasted red peppers
- ½ cup regular-strength chicken broth
- ¼ cup dry white wine ½ cup whipping cream

Smoothly purée roasted red peppers, chicken broth, and wine in a blender.

Pour into a 10-inch frying pan and boil over high heat, stirring often, until reduced by half, about 5 minutes. Stir in whipping cream and bring to a boil; let cool. Serve chilled or at room temperature. If made ahead, cover and chill up to 24 hours.

Cut MISTER SPEAR avocados in half lengthwise; seed, then peel. Lay cut side flat and cut each half into ¼ inch-wide slices from base to ½ inch from top end. With a wide spatula, transfer each half to a plate; pressing slices gently from 1 side to fan. Coat with lemon juice.

Four or spread ¼ of the pepper paint beside each avocado half. Arrange arugula beside avocado. Sprinkle lemon wedges with paprika and place 2 wedges on each plate.

*Important...
Read Carefully Upon Receipt!*

Inspect your avocados for any damage that may have occurred in transit. Our shipping container is specially designed to prevent this but anything is possible. Should there be a problem, notify MISTER SPEAR immediately by calling 1-800-MRSPEAR.

RIPE AND READY. The best way to tell if your MISTER SPEAR California avocado is ready to eat is to gently squeeze the fruit in the palm of your hand. **RIPE FRUIT WILL BE FIRM, YET WILL YIELD TO GENTLE PRESSURE.** Ripened fruit can be refrigerated but only for a few days

RIPE READINESS. To ripen an avocado, **PLACE THE FRUIT IN AN ORDINARY PAPER BAG** and store at room temperature until ready to eat (usually two to five days). Including an apple in the bag accelerates the ripening process.

PREPARING THE AVOCADO. Once the avocado is ripe, cut the avocado lengthwise around the seed. Rotate the halves to separate. Remove the seed by sliding the tip of a spoon gently underneath and lift out. Remove the skin with a knife, or simply scoop out the avocado meat with a spoon. Be sure to sprinkle all cut surfaces with lemon, lime juice or white vinegar to prevent discoloration. Add citrus juice to mashed avocado to slow discoloration. When storing mashed avocado or guacamole, place a sheet of heavy-duty plastic wrap directly on the surface of the mixture and press out any air bubbles; this cover will also help forestall the inevitable browning of the flesh. Leaving the seed embedded in a cut avocado half will also slow discoloration. The widely held belief that a seed left in a bowl of guacamole will keep the mixture green is a myth; however, the acid ingredients in guacamole – tomatoes and citrus juice – will delay the discoloration for at least an hour or so.

Avocado & Papaya Salad

- 2 MISTER SPEAR firm-ripe avocados
- 4 Tbsp. fresh lime juice
- 1 ripe papaya, peeled, seeded and sliced
- 1 Tbsp. balsamic vinegar
- Salt and freshly ground pepper
- ½ cup walnut oil
- ½ cup walnut halves, roasted
- Springs of mint for garnish

Halve, seed and peel MISTER SPEAR avocados. Place cut side down on chilled plate and brush lightly with lime juice. Slice and fan avocados and papaya slices on plate.

Combine remaining lime juice with vinegar, salt and pepper stirring until salt dissolves. Beat in oil. Add walnuts and let stand one minute. Remove walnuts and sprinkle over avocado and papaya. Pour dressing over salad and garnish with mint sprigs. *Serves 4.*

Classic Avocado-Guacamole

- 4 firm-ripe MISTER SPEAR avocados, seeded and peeled
- 2 Tbsp. lemon juice 2 cloves garlic, minced
- 2 plum tomatoes, finely chopped
- ¼ cup red onion, finely chopped
- ¼ cup cilantro, finely chopped
- ¼ tsp. cayenne pepper

Using a fork, coarsely mash MISTER SPEAR avocados with lemon juice and garlic. Stir in remaining ingredients to blend. Garnish as desired and serve with tortilla chips. *Makes approximately 3½ cups.*

Avocado Fruit Delight

- Juice of 1 lime
- 2 MISTER SPEAR firm-ripe avocados, seeded, peeled, and cut into bite-size chunks
- 2 ripe bananas, sliced
- 1 apple, chopped into bite-size chunks
- ½ cup shredded unsweetened coconut
- ¼ cup dates, chopped
- ½ cup pecans, toasted and chopped

Sprinkle lime juice over MISTER SPEAR avocado chunks. Mix avocado with all remaining ingredients except pecans.

Toss gently. Serve topped with pecans.

Serves 4.



*Recipes courtesy of
Mister Spear customers.*

Nutritional Value

MISTER SPEAR California Avocado - 3 ½ ounce raw
(approx. ⅔ avocado)

Calories	177
Protein2g
Carbohydrates7g
Dietary Fiber	High
Vitamin A612 IU
Vitamin B6	0.3 mg
Vitamin C	8 mg
Copper	0.3 mg
Vitamin E	1 mg
Folacin	66 mg
Iron	1 mg
Magnesium	41 mg
Manganese	0.2 mg
Niacin	2 mg
Potassium	634 mg
Thiamin	0.1 g
Fat	17 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	12 mg

*Chicken Croissant
Sandwich with Avocado*

- 1 jar (6 oz.) marinated artichoke hearts, drained
- ¼ cup plain yogurt
- 2 Tbsp. mayonnaise
- 4 romaine leaves
- 2 plum tomatoes, chopped
- 4 croissants, sliced crosswise
- 8 oz. thinly shredded chicken
- 1 MISTER SPEAR firm-ripe avocado, seeded, peeled and sliced

Place artichoke hearts, yogurt and mayonnaise in food processor or blender. Cover and process or blend about 15 seconds or until smooth; reserve.

Place 1 romaine leaf and ¼ of tomatoes on bottom half of each croissant. Pile about ¼ of chicken on each sandwich. Spoon about 2 tablespoons reserved artichoke mixture over each sandwich.

Top with avocado slices and remaining croissant halves.

Serves 4.