



# In the Kitchen

with Barb Agee ~ May 2016

## An Avocado Adventure



Avocados are nutritional power fruits. In addition to being a healthy fat, they are loaded with over 20 vitamins, minerals and phytonutrients. This fruit goes beyond guacamole to enhance breakfast, lunch, snacks and desserts.

### Chocolate Avocado Tart with a Coconut Crust

#### Crust

- 1 large egg white
- 2 cup unsweetened shredded coconut
- ¼ cup sugar
- 2 tablespoons unsalted butter, room temperature
- ¼ teaspoon kosher salt
- 2 ounces bittersweet chocolate, melted and slightly cooled

#### Filling

- 2 large ripe avocados, peeled and seeded
- 1 cup sugar
- ¾ cup heavy whipped cream
- 1 cup dark chocolate chips, melted
- ½ cup unsweetened cocoa
- 1 teaspoon vanilla
- ½ teaspoon salt

Preheat oven to 325°F. Lightly coat a 10-inch tart pan with non-stick spray. Mix egg white, coconut, sugar, butter and salt with a spatula in a large bowl until evenly combined. Using hands, press mixture evenly onto bottom and up sides of tart pan. Bake until edges are golden brown and bottom is set and just barely golden, 15 to 20 minutes. Transfer pan to a cooling rack and let crust cool. Brush crust with melted chocolate.

Cut avocados into quarters and add to blender with sugar, whipping cream, melted chocolate chips, cocoa, vanilla and salt and process for 5 minutes, until thick. Spoon filling into tart and chill for 2 hours.

### Tangy Chilled Avocado Soup

- 2 large ripe avocados, peeled, seeds removed and diced
- 1¼ cups mild or medium salsa verde, thick & chunky style
- ¼ cup cilantro, chopped
- ¼ cup sour cream
- 1½ to 2 cups chicken broth
- 3 green onions, sliced

- ½ cup red sweet pepper, finely chopped
- 1 to 2 teaspoons fresh lime juice
- Salt and pepper, to taste
- 2 radishes, thinly sliced
- 2 tablespoons fresh chives, chopped

In a blender, puree avocados, salsa, cilantro, sour cream, chicken broth, green onions, red sweet pepper and lime juice. Chill until cold. Divide among 6 bowls or 12 small juice glasses. Garnish with radishes and chives.

## Avocado Asparagus Medley with a Mustard Dressing

1 pound asparagus,	1 tablespoon balsamic vinegar
8 medium fresh mushrooms, trimmed and sliced	1 teaspoon Dijon mustard
1 large ripe avocado, peeled and cubed	1 garlic clove, minced
1 small zucchini, diced	½ teaspoon dried basil
1 medium tomato, seeded and diced	½ teaspoon dried thyme
½ small red onion, peeled and thinly sliced	¼ teaspoon salt
2 tablespoons lemon juice	¼ teaspoon pepper
2 tablespoons olive oil	

Trim and trimmed and cut asparagus diagonally into 1½-inch pieces. Steam for 2 minutes, plunge into a bowl of ice water; drain. In a large bowl, combine asparagus, mushrooms, avocado, zucchini, tomato and red onion.

In jar with a tight fitting lid, combine lemon juice, olive oil, vinegar, mustard, garlic, basil, thyme, salt and pepper; shake well. Pour over vegetables, toss gently to coat. Cover and refrigerate until serving.

*Makes 8 servings*

## Stuffed Avocados

### Lime Shrimp:

Cut an avocado in half and remove seed. Remove avocado flesh leaving the skin intact. Mash the avocado and mix with 4 diced, cooked, medium shrimp, 1 teaspoon olive oil, 1 teaspoon fresh lemon juice, ¼ teaspoon dill weed and a pinch of salt. Return mixture to the avocado shell and serve with an additional sprinkle of dill.

### Bacon and Egg:

Cut avocado in half and remove seed. Dice the avocado flesh then remove the avocado flesh leaving the skin intact. Mix the diced avocado with 2 strips of cooked and chopped bacon, 1 chopped hard-boiled egg, 1 thinly sliced green onion, squeeze of fresh lemon and a teaspoon of mayonnaise. Return mixture to avocado shell and top with a sprinkle of grated cheddar cheese.

### Spicy Sesame Seeds:

Cut avocado in half and remove seed. Remove the avocado flesh leaving the skin intact. Mash the avocado; mix with 1/8 teaspoon wasabi paste, ¼ teaspoon sesame oil, 1 teaspoon rice wine vinegar and ½ teaspoon soy sauce. Return mixture to avocado shell and top with black and white sesame seeds.

### Chipotle Chicken:

Cut Avocado in half and remove seed. Dice the avocado flesh then remove the avocado flesh leaving the skin intact. Add diced avocado, ½ cup diced cooked chicken, ¼ cup roasted corn, ¼ cup diced red onion, 1 tablespoon chipotle chiles and 1 teaspoon lemon juice. Top with sliced black olives.

