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CALIFORNIA AVOCADOS: THE NATURAL SUPERFOOD SNACK

Registered Dietitian and Chef Michelle Dudash Shares Her Favorite Snacking Recipes featuring California Avocados and Other Nutrient-Rich Ingredients

IRVINE, Calif. (June 30, 2015) – Americans are snacking more now than ever and over half report healthfulness as a key factor when making food and beverage decisions. Now in season superfood California Avocados are a natural snacking choice for health-conscious consumers.

Bursting with great taste and nutrition, a serving of California Avocado (1/5 of a medium avocado) has 50 calories and contributes nearly 20 vitamins, minerals and phytonutrients. Avocados are virtually the only fruit with good monounsaturated fat and polyunsaturated fat. Those good fats do not raise LDL “bad” cholesterol levels.

This summer, the California Avocado Commission (CAC) partnered with registered dietitian and chef Michelle Dudash, author of “Clean Eating for Busy Families,” to create full-flavored snacking recipes featuring premium California Avocados and other nutrient-rich superfoods.

“As a registered dietitian, I’m always looking for ways to make delicious snacks made with wholesome ingredients. Starting with nutritious California-grown Avocados is an easy first step. The added bonus of pairing California Avocados with other foods is that they can act as a nutrient booster by enabling the body to absorb more fat-soluble nutrients, like vitamins A, D, E and K”.

Dudash’s snack recipes have less than 200 calories per serving and are good sources of potassium and magnesium. California Avocado Spinach and Greek Yogurt Dip offers a nutritious twist on a classic party dip made with tart Greek yogurt and spinach, delivering an excellent source of vitamins A and K. The California Avocado and White Bean Wrap is rich in dietary fiber, a good source of iron and protein and is low in sodium.

See below for Dudash’s snacking recipes featuring California Avocados. For these recipe and others created by registered dietitian partners, visit CaliforniaAvocado.com.

California Avocado Spinach and Greek Yogurt Dip

Recipe created by Chef Michelle Dudash, RDN for the California Avocado Commission

Serves: 8

Prep time: 15 minutes

Cook time: 0 minutes

Total time: 15 minutes

Ingredients

- 2 scallions, cut into 4 pieces each
- 2 ripe, fresh California Avocados*, seeded, peeled and quartered
- 1/4 cup nonfat Greek yogurt
- 2 Tbsp. grated Parmesan cheese
- 1 Tbsp. and 1 tsp. fresh lemon juice
- 1 Tbsp. and 1 tsp. reduced-sodium soy sauce
- 1/2 tsp. garlic powder
- 1/4 tsp. freshly ground black pepper
- 1 (10-oz.) package frozen chopped spinach, thawed, moisture squeezed out well



Instructions

1. Place scallions in a food processor and blend until finely chopped.
2. Add the avocados, yogurt, Parmesan cheese, lemon juice, soy sauce, garlic powder and pepper, and puree until smooth.
3. Add spinach and pulse just until incorporated.
4. For optimal taste, refrigerate for a few hours before serving.

Nutrition Information Per Serving: Calories 90; Total Fat 6 g (Sat 1 g, Trans 0 g, Poly 0.5 g, Mono 4 g); Cholesterol 0 mg; Sodium 160 mg; Potassium 350 mg; Total Carbohydrates 6 g; Dietary Fiber 4 g; Total Sugars <1 g; Protein 3 g; Vitamin A 4260 IU; Vitamin C 7 mg; Calcium 74 mg; Iron 1 mg; Vitamin D 0 IU; Folate 90 mcg; Omega 3 Fatty Acids 0.1 g

California Avocado and White Bean Wrap

Recipe created by Chef Michelle Dudash, RDN for the California Avocado Commission

Serves: 2

Prep time: 10 minutes

Cook time: 0 minutes

Total time: 10 minutes

Ingredients

- 1/2 cup canned white beans, rinsed and drained
- 1 tsp. balsamic vinegar, plus additional for drizzling
- 1 (8-in.) low-sodium whole-grain tortilla
- 1/2 ripe, fresh California Avocado*, seeded, peeled and sliced
- 1/4 red bell pepper, cut into thin strips
- 1/2 cup baby spinach
- 1/4 tsp. salt-free garlic and herb seasoning
- Freshly ground black pepper to taste



Instructions

1. Place the beans and balsamic vinegar in a small bowl and mash with a fork.
2. Spread a thin layer of the mixture on the bottom two-thirds of the tortilla plus spread a line of the mixture at the top edge of the tortilla, to help seal the tortilla after wrapping.
3. Lay the avocado slices on top of the beans on the bottom half of the tortilla. Place the bell pepper strips in a horizontal line above the avocado. Sprinkle with the garlic and herb seasoning and the black pepper. Top with spinach and drizzle a few drops of balsamic vinegar over the spinach.
4. Starting with the bottom of the tortilla, roll it tightly. Cut in half diagonally.
5. For optimal freshness, enjoy on the same day of preparation.

Nutrition Information Per Serving: Calories 170; Total Fat 6 g (Sat 1 g, Trans 0 g, Poly 1 g, Mono 4 g); Cholesterol 0 mg; Sodium 60 mg; Potassium 590 mg; Total Carbohydrates 26 g; Dietary Fiber 6 g; Total Sugars 2 g; Protein 6 g; Vitamin A 1228 IU; Vitamin C 24 mg; Calcium 80 mg; Iron 2.7 mg; Vitamin D 0 IU; Folate 99 mcg; Omega 3 Fatty Acids 0.1 g

**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.*

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About the California Avocado Commission

Created in 1978, the California Avocado Commission strives to increase demand for California Avocados through advertising, promotion and public relations, and engages in related industry activities that benefit the state's nearly 5,000 avocado growers. The California Avocado Commission serves as the official information source for California Avocados and the California Avocado industry. For nutrition information and recipes visit CaliforniaAvocado.com, or join us on [Facebook](https://www.facebook.com/CaliforniaAvocados) at Facebook.com/CaliforniaAvocados and [@CA_Avocados](https://twitter.com/CA_Avocados) on [Twitter](https://www.pinterest.com/CaliforniaAvocados), [Pinterest](https://www.pinterest.com/CaliforniaAvocados) and [Instagram](https://www.instagram.com/CaliforniaAvocados) for updates.

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