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**CALIFORNIA AVOCADOS MAKE SUMMER BARBECUES
DELICIOUS AND NUTRITIOUS**

*Registered Dietitian and Chef Michelle Dudash Shares Her Favorite Summer Recipes featuring
California Avocados and Other Flavorful Ingredients*

IRVINE, Calif. (July 14, 2016) – Easy breezy summers call for light and refreshing meals that keep you and the kitchen cool, which means taking the cooking outdoors and firing up the grill for flavorful meals. With California avocados in peak season, you don't have to sacrifice taste for nutrition – you can have the best of both worlds for a satisfying summer cookout.

California avocados are a delicious ingredient for any summer meal. The popular fruit is a naturally nutritious superfood that contributes good fats to one's diet. It can act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene, as well as lutein, in foods that are eaten with it. Locally and responsibly grown by California farmers, California avocados go from tree to market very quickly. California avocado growers put care into how their trees are nurtured, planted and harvested, to keep the land they grow on sustainable and fruitful for generations to come.

The California Avocado Commission (CAC) partnered with registered dietitian, Cordon bleu chef and author of *Clean Eating for Busy Families*, Michelle Dudash, to develop two tasty and nutritious recipes featuring fresh California avocados to try at your next outdoor party.

"I love to grill all summer long, keeping things light, while packed with flavor using seasonal local ingredients," said Dudash. "California avocados are one of my favorite summertime fruits because they add plant-based creaminess to dishes, while delivering good fats. California avocados are at peak season now through early fall, so I use them in every dish imaginable."

Dudash's Grilled Chicken Burgers with California Avocado & Mango Salsa are delightful for a backyard barbecue, delivering taste and essential nutrients. This dish is a protein powerhouse, rich in vitamin C and fiber, and provides good source of potassium. Furthermore, California avocados are naturally sodium-free, cholesterol-free and sugar-free, making them a nutritious and tasty topper for any burger or grilled meat. For a low-carb option, she recommends slicing the chicken, serving in lettuce cups and sprinkling the avocado mango salsa on top.

Pair Dudash's chicken burgers with her Quinoa Tabbouleh featuring California Avocados for a hearty, well-rounded meal. This salad is an excellent side dish option in lieu of the more traditional potato and macaroni salads, combining quinoa, tomatoes, parsley, olive oil and California avocados for a Mediterranean-like twist. Plus, it's cholesterol-free, low in sodium and a good source of Vitamin C, folate and fiber.

“These two recipes can be meals in themselves, or brighten your traditional BBQ party spread,” said Dudash. “They offer something for everyone and fit into a variety of diets.”

For these and even more great California avocado recipes for the grill, visit CaliforniaAvocado.com/bbq-grilling, and follow along on Facebook at [Facebook.com/CaliforniaAvocados](https://www.facebook.com/CaliforniaAvocados), and on [Twitter](https://twitter.com/CA_Avocados) and [Instagram](https://www.instagram.com/CA_Avocados) at [@CA_Avocados](https://www.instagram.com/CA_Avocados).

Grilled Chicken Burgers with California Avocado & Mango Salsa

Recipe created by Michelle Dudash, RDN for California Avocado Commission

Serves: 4

Prep Time: 30 minutes (plus at least 2 hours of marinating time)

Cook Time: 10 minutes

Total Time: 40 minutes (plus marinating time)

Ingredients

Grilled Chicken Burgers

- Zest of 2 limes, finely grated
- 1 lime, juice only
- 2 tsp. Dijon mustard
- 2 tsp. high heat oil, like canola, rice bran or grapeseed oil
- 2 cloves garlic, smashed
- ¼ tsp. ground black pepper (or to taste)
- 1 lb. trimmed boneless skinless chicken breasts, cut into 4 equal pieces
- ¼ tsp. sea salt
- 4 100% whole wheat sandwich thins
- California Avocado & Mango Salsa (see recipe below)



California Avocado & Mango Salsa

- 1 ripe, fresh, California avocado, seeded, peeled and diced into small chunks
- ½ lime, juice only
- 1 large mango, diced into small chunks (about 1 cup)
- Ground black pepper, to taste
- Sea salt, to taste

Instructions (Grilled Chicken Burgers)

1. Combine the lime zest and juice, mustard, oil, garlic and pepper in a medium container.
2. Pound the chicken pieces into 1/3-inch thickness.
3. Coat the chicken in the marinade.
4. Cover and refrigerate for at least 2 hours, up to overnight.

5. When you are ready to cook the chicken, preheat the grill on medium, about 350-400 degrees F. Lightly oil the grill.
6. Sprinkle the sea salt all over the chicken.
7. Grill the chicken on one side until opaque halfway up the sides, about 7 minutes. Turn the chicken and cook through, about 3 minutes.
8. Place each grilled chicken piece on the bottom half of the sandwich thins. Top with the California Avocado & Mango Salsa and top half of sandwich thin.

Instructions (California Avocado & Mango Salsa)

1. In a medium bowl, coat the avocado in the lime juice.
2. Stir in the mango, pepper and sea salt.

Nutrition Information per serving: Calories 390; Total Fat 13 g (Sat 2 g, Trans 0 g, Poly 2 g, Mono 7 g); Cholesterol 95 mg; Sodium 510 mg; Potassium 550 mg; Total Carbohydrates 30 g; Dietary Fiber 8 g; Total Sugars 6 g; Protein 41 g; Vitamin A 357 (IU); Vitamin C 17 mg; Calcium 71 mg; Iron 2.6 mg; Vitamin D 6 (IU); Folate 66 mcg; Omega 3 Fatty Acid 0.3 g

% Daily Value*: Vitamin A 8%; Vitamin C 30%; Calcium 8%; Iron 15%

Nutrition Information Per Serving (California Avocado & Mango Salsa only): Calories 90; Total Fat 6 g (Sat 1 g, Trans 0 g, Poly 0.5 g, Mono 3.5 g); Cholesterol 0 mg; Sodium 50 mg; Potassium 240 mg; Total Carbohydrates 7 g; Dietary Fiber 3 g; Total Sugars 4 g; Protein <1 g; Vitamin A 328 (IU); Vitamin C 13 mg; Calcium 9 mg; Iron 0.3 mg; Vitamin D 0 (IU); Folate 45 mcg; Omega 3 Fatty Acid 0.1 g

% Daily Value*: Vitamin A 6%; Vitamin C 20%; not a significant source of calcium or iron

Quinoa Tabbouleh with California Avocados

Recipe created by Michelle Dudash, RDN for California Avocado Commission

Serves: 10 (1/2 cup each)

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients

- 3/4 cup plus 2 Tbsp. dry quinoa
- 1 1/3 cups low-sodium vegetable broth
- 2 Tbsp. extra-virgin olive oil
- Finely grated zest of 1 medium lemon (about 2 tsp.)
- 2 ripe, fresh California avocados, seeded, peeled and diced
- 3 Tbsp. lemon juice
- 1 large tomato, diced (about 1 cup)



- 2 Tbsp. roughly chopped Italian flat-leaf parsley
- ½ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. ground black pepper (or to taste)

Instructions

1. Place the quinoa in a medium pot and cover with cold water, soaking 5 minutes. Drain thoroughly.
2. Return the quinoa to the pot, add the broth and bring to a boil on high heat.
3. Reduce heat to low heat, cover and simmer 15 minutes.
4. Remove from heat without disturbing the lid and allow it to rest for 5 minutes.
5. Drizzle with oil and sprinkle with lemon zest, stirring with a wooden spoon. Set aside.
6. In a medium mixing bowl, coat the avocado gently in the lemon juice. Add the slightly cooled quinoa, tomato, parsley, garlic powder, salt and pepper. Fold gently.
7. You can enjoy immediately, or chill until ready to serve, placing plastic wrap directly on the surface of the salad to prevent browning. For optimal quality, serve within 24 hours.

Nutrition Information per serving: Calories 140; Total Fat 8 g (Sat 1 g, Trans 0 g, Poly 1.5 g, Mono 5 g); Cholesterol 0 mg; Sodium 75 mg; Potassium 300 mg; Total Carbohydrates 14 g; Dietary Fiber 3 g; Total Sugars <1 g; Protein 3 g; Vitamin A 179 (IU); Vitamin C 8 mg; Calcium 17 mg; Iron 1.1 mg; Vitamin D 0 (IU); Folate 59 mcg; Omega 3 Fatty Acid 0.1 g

% Daily Value*: Vitamin A 4%; Vitamin C 15%; Calcium 0%; Iron 6%

**Percent Daily Values are based on a 2,000 Calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

Note: 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.

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 4,000 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 at [Facebook.com/CaliforniaAvocados](https://www.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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