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**WHAT MAKES A SANDWICH A “CALIFORNIA” SANDWICH? FRESH CALIFORNIA AVOCADOS**  
*Celebrate California Avocado Month in June with Chef Trey Foshee’s Specialty Sandwich Recipes*

**IRVINE, Calif. (May 21, 2015)** – California avocados are now in season and that means it is the ideal time to enjoy a “California” sandwich. You’ve seen them on menus: the California Club, the California Grilled Cheese, the California Chicken Salad and more. What do they have in common? California avocados.

June is California Avocado Month, and this year the California Avocado Commission (CAC) is celebrating with delicious “California-style” sandwiches. To kick off this effort, CAC is continuing its partnership with chef Trey Foshee of George’s at the Cove in San Diego, CA. to create two simple, yet mouthwatering sandwiches made even better with California avocados.

As the executive chef of one of San Diego’s favorite restaurants, Foshee specializes in California-casual cuisine and uses fresh flavors and local ingredients to create irresistible beachside meals.

“We always have a few sandwiches in rotation, and this time of year it’s hard to stop myself from putting fresh California avocados in every single one! They add great texture, flavor and color to any dish, but to sandwiches, they bring something special,” said Foshee.

When describing the sandwiches he developed for California Avocado Month, Foshee said, “Fish tacos are like a religion here. The Achote Grilled Fish Sandwich with California Avocado and Roasted Pineapple-Jalapeño Spread mimics those classic flavors and translates them into a really delicious sandwich that’s a great mix of spicy and sweet. The Chipotle, Lettuce, Tomato and California Avocado Sandwich is a vegetarian play on the classic B.L.A.T. – swapping bacon out for a savory spicy chipotle-avocado spread that packs a ton of heat!”

In partnership with the California Avocado Commission, Foshee will be featuring California avocado-inspired dishes throughout his menu for the month of June. Other artisan chef partners have been inspired by California avocados too and will be highlighting California avocado-centric dishes, menus, and specials in their restaurants in cities throughout the country, including Atlanta, Boston, Chicago, Dallas, Los Angeles, New York, Phoenix, Sacramento, San Antonio, San Diego and San Francisco.

The options are truly endless for sandwiches with California avocados, whether used as a spread, slaw, dipping sauce, or even the main ingredient. To further inspire hungry California avocado lovers, CAC will dedicate a page on their website solely to sandwiches and feature one inventive and irresistible California avocado sandwich recipe

per day during the month of June on their Facebook page. You can visit CAC's sandwich page at [www.CaliforniaAvocado.com/Sandwiches-Burgers-and-Wraps](http://www.CaliforniaAvocado.com/Sandwiches-Burgers-and-Wraps), and follow along on Facebook during the month of June at Facebook.com/CaliforniaAvocados.

For these recipes and others created by CAC's numerous chef partners, visit [CaliforniaAvocado.com](http://CaliforniaAvocado.com).

### **Achiote Grilled Fish Sandwich with California Avocado and Roasted Pineapple-Jalapeño Spread**

Recipe created by Trey Foshee of [George's at the Cove](#) in San Diego for the California Avocado Commission

**Serves:** 4

**Prep time:** 1 hour and 15 minutes

**Cook time:** 5 minutes

**Total time:** 1 hour and 20 minutes

#### **Ingredients**

- 4 Tbsp. achiote paste
- 1 large orange, juiced
- 1/2 tsp. cumin, ground
- 1 tsp. dried oregano
- 1/4 tsp. salt
- 1/4 tsp. fresh black pepper
- 4 (4-oz.) mahi mahi fish filets
- 1 Tbsp. canola oil
- 4 torta-style sandwich rolls
- 1 1/2 cup green cabbage, finely shredded
- 1 lime, juiced
- 1/8 cup cilantro leaves
- 2 Tbsp. mayonnaise
- 4 Tbsp. Roasted Pineapple-Jalapeño Spread (see make ahead recipe, below)
- 1 ripe, Fresh California Avocado, seeded, peeled and thinly sliced



#### **Instructions**

1. In a medium bowl, prepare the marinade by combining the achiote paste, orange juice, cumin and oregano; season with salt and fresh black pepper.
2. Brush the marinade on both sides of each fish filet and marinate for at least one hour in the refrigerator.
3. Pre-heat the grill to medium-high. Remove fish from refrigerator and coat lightly with canola oil.
4. Place on the grill and turn after two minutes.
5. Split the sandwich rolls and lightly grill.
6. Combine cabbage, lime juice and cilantro in a bowl.
7. Spread mayonnaise on the bottom of each roll. Top with cabbage slaw, fish and Roasted Pineapple-Jalapeño Spread, and finish with sliced avocado.
8. Place top on each roll and serve.

### **Roasted Pineapple-Jalapeño Spread**

**Yield:** 1/4 cup

#### **Ingredients**

- 1 1/4 cups ripe pineapple, peeled, cored and diced
- 1 jalapeño
- 1 Tbsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. fresh black pepper

#### **Instructions**

1. Pre-heat oven to 350° F.
2. Toss the pineapple and jalapeño in the oil; season with salt and pepper.
3. Place on a baking sheet and roast until lightly caramelized, approximately 30 minutes.
4. Remove and let cool to room temperature.

5. If you're concerned about the heat at this point you can split and remove the seeds from the jalapeño, if not place the pineapple and jalapeño in a blender and puree until smooth.

*Nutrition Information Per Serving: Calories 370; Total Fat 17 g (Sat 2.5 g, Trans 0 g, Poly 3 g, Mono 9 g); Cholesterol 85 mg; Sodium 1070 mg; Potassium 840 mg; Total Carbohydrates 31 g; Dietary Fiber 5 g; Total Sugars 10 g; Protein 25 g*

### **Chipotle, Lettuce, Tomato and California Avocado Sandwich**

Recipe created by Trey Foshee of [George's at the Cove](#) in San Diego for the California Avocado Commission

**Serves:** 4

**Prep time:** 10 minutes

**Cook time:** 0 minutes

**Total time:** 10 minutes

#### **Ingredients**

- 1/4 cup plain low-fat yogurt
- 2 chipotles in adobo
- 8 slices whole grain bread
- 2 ripe, Fresh California Avocados, seeded, peeled and sliced
- 2 medium tomatoes, sliced
- 1 head butter lettuce
- Salt, to taste



#### **Instructions**

1. In a blender, combine the yogurt and chipotles; blend until smooth.
2. Toast the bread and spread a thin layer of chipotle yogurt on each slice.
3. Layer half of the bread with lettuce, tomato and avocado slices and salt to taste.
4. Top with remaining slices of bread and serve.

Chef's note: For a milder version, only use one chipotle.

*Nutrition Information Per Serving: Calories 330; Total Fat 14 g (Sat 2 g, Trans 0 g, Poly 1.5 g, Mono 7 g); Cholesterol 0 mg; Sodium 440 mg; Potassium 660 mg; Total Carbohydrates 45 g; Dietary Fiber 12 g; Total Sugars 9 g; Protein 11 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](#) at Facebook.com/CaliforniaAvocados and @CA\_Avocados on [Twitter](#), [Pinterest](#) and [Instagram](#) for updates.

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