

In a medium bowl mix avocados, onions and garlic salt

Arrange corn totillas in a single layer on a large baking sheet, and place in the preheated oven over 2 to 5 minutes, until heated through

Spread totillas with the avocado mixture. Garnish with cilantro and sprinkle with jalapeno pepper sauce

AVOCADO SALSA

1 (16 ounce) package frozen corn kernels, thawed
2 (.25 ounce) cans sliced ripe olives, drained
1 red bell pepper, chopped
1 small onion, chopped

5 cloves garlic, minced

1/3 cup olive oil

1/4 cup lemon juice

3 tablespoons cider vinegar

1 teaspoon dried oregano

1/2 teaspoon salt

1/2 teaspoon ground black pepper

4 avocados - peeled, pitted and diced

Directions:

In a large bowl, mix corn, olives, red bell pepper and onion

In a small bowl, mix garlic, olive oil, lemon juice, cider vinegar, oregano, salt and pepper. Pour into the corn mixture and toss to coat. cover and chill in the refrigerator 8 hours, or overnight

Stir in avocados in the mixture before serving.

TANGY CUCUMBER AND AVOCADO SALAD

2 medium cucumbers, cubed 2 avocados, cubed 4 tablespoons chopped fresh cilantro 1 clove garlic, minced

2 tablespoons minced green onions (optional)

1/4 teaspoon salt

black pepper to taste

1/4 large lemon

1 lime

Directions:

In a large bowl, combine cucumbers, avocados and cilantro. Stir in garlic, onion, salt and pepper, squeeze lemon and lime over the top and toss. cover and refrigerate at least 30 minutes.

AVOCADO DESERT

1 avocado, peeled and pitted 1/2 cup milk 1/4 cup white sugar 1/2 teaspoon vanilla extract

Directions:

Mash avocado with an electric mixer or food processor. Blend in the milk, sugar and vanilla until smooth. Chill for about 20 minutes before serving.

RECIPES FOR AVOCADOS

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