

AVOCADO SAUCES & GRILLING TIPS

— COOKBOOK —



avocados
LOVE ONE TODAY
nutrient-dense • heart-healthy

GRILLING. WHERE FLAVOR MEETS FIRE, AND EVERY MEAL IS AN ADVENTURE.

At the heart of grilling lies the joy of gathering with loved ones, embracing the great outdoors, and indulging in mouthwatering dishes that tantalize the taste buds. From juicy steaks and succulent burgers to vibrant veggies and charred delights, grilling offers endless possibilities for culinary creativity and exploration.

So, fire up those grills, gather your friends and family, and get ready to embark on a flavor-filled adventure. *Let's dive into why avocados are a game-changer for your grilling repertoire, new ideas for nutritious avocado sauces to pair with your flame-kissed creations, and discover some of the secrets to grilling meats and vegetables like a true pro.*

TRANSFORM YOUR GRILLING GAME WITH **AVOCADOS**

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LEVEL UP YOUR SAUCE GAME WITH THESE **AVOCADO-BASED RECIPES**

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TRANSFORM YOUR GRILLING GAME WITH **AVOCADOS**

Make your next cookout not only delicious but also nutritious with avocados! Each half of an avocado packs nearly **20 vitamins and minerals**, along with **5g of fiber** to keep your digestive system happy and running smoothly. One half also provides **8.5g of naturally good fats** that can help lower bad cholesterol levels and boost the absorption of fat-soluble vitamins like A, D, E, and K from other foods. Plus, avocados are **free of cholesterol, sodium, and sugar**.

But that's not all—avocados might even **help reduce inflammation** after your backyard bash. And with their creamy texture, they'll add a burst of flavor and variety to your grilled dishes.

Enjoy the perfect blend of taste and health!

GRILLING AVOCADOS ADDS A DELICIOUS SMOKY FLAVOR AND A CREAMY TEXTURE. GRILL THEM TO PERFECTION WITH THESE EXPERT TIPS:

CHOOSE RIPE BUT FIRM AVOCADOS:

Aim for ones that yield slightly to gentle pressure but still hold their shape well. Overripe avocados may become mushy when grilled.

HALVE AND PIT CAREFULLY:

To prepare avocados for grilling, carefully halve them lengthwise and use a spoon to gently scoop out the pits.

KEEP THE SKIN ON:

When grilling avocados, it's best to leave the skin on to help hold the fruit together and protect it from falling apart on the grill. The skin also helps to retain moisture and prevent the avocado from drying out during cooking.

BRUSH WITH OIL:

Before placing the avocado halves on the grill, lightly brush them with oil to prevent sticking and promote caramelization. Use a neutral oil with a high smoke point, such as avocado oil, and brush it evenly over the cut side of the avocados.

GRILL CUT-SIDE DOWN:

Place the avocado halves cut-side down on the preheated grill. This allows the natural oils in the

fruit to interact with the heat of the grill, creating those beautiful grill marks and enhancing the flavor.

GRILL JUST UNTIL WARMED THROUGH:

Grilled avocados cook quickly, so keep a close eye on them to prevent overcooking. Grill the avocado halves just until they're warmed through and slightly softened, about 2-3 minutes.

ADD FLAVORFUL TOPPING:

Once grilled, remove the avocado halves from the grill and transfer them to a serving platter. Sprinkle them with a pinch of salt and a squeeze of fresh lime juice to enhance their flavor. Get creative with toppings like diced tomatoes, crumbled cheese, chopped herbs, or a drizzle of balsamic glaze.

SERVE IMMEDIATELY:

Grilled avocados are best enjoyed hot off the grill, so serve them immediately while they're still warm and creamy. They make a delicious side dish or a flavorful addition to salads, sandwiches, tacos, or your grilled meats of course!



**SIMPLE
AVOCADO
SAUCE**



THE BASICS:

SIMPLE AVOCADO SAUCE

RECIPE SERVING SIZE: 2 Tbsp

NUMBER OF SERVINGS: 8

PREP TIME:



10 minutes

COOK TIME:



0 minutes

READY IN:



10 minutes

Think of this as your new go-to recipe for a quick, easy & delicious avocado sauce for your grilled vegetables or meats. It's a vibrant, nutritious addition to your plate!



INGREDIENTS:

1 ripe, fresh avocado, halved, pitted and peeled

Juice of 1 lemon

Zest of 1 lemon

3-4 Tbsp. water

Salt and pepper to taste

INSTRUCTIONS:

Combine the avocado, lemon juice, lemon zest and 3 Tbsp of water in the bowl of a small food processor or blender. Blend until creamy.

Add more water if the sauce is too thick until you reach your desired consistency.

Season to taste with salt and pepper.

NOTES:

This avocado sauce can be made ahead and served chilled. It can be stored in the refrigerator in an air-tight container for up to 3 days. It pairs beautifully with grilled vegetables for a delicious side dish.



**AVOCADO
CHIMICHURRI
SAUCE**

THE CROWD PLEASER:

AVOCADO CHIMICHURRI SAUCE

RECIPE SERVING SIZE: 2 Tbsp

NUMBER OF SERVINGS: 8

PREP TIME:



10 minutes

COOK TIME:



0 minutes

READY IN:



10 minutes

This twist on a traditional chimichurri sauce has all the garlicky, herb-filled flavors you'd expect with an unexpected delicious creamy avocado texture that pairs beautifully as a condiment with grilled meats, vegetables, or even tacos!



INGREDIENTS:

1 ripe, fresh avocado, halved, pitted and peeled

1/4 cup Italian parsley leaves, packed

1/4 cup cilantro leaves, packed

2-3 garlic cloves (1 tsp.), minced

2 Tbsp. red wine vinegar

2 Tbsp. olive oil

Juice of 1 lime

3 Tbsp. water

Salt and pepper to taste

INSTRUCTIONS:

Place all ingredients in the bowl of a small food processor or blender. Blend until creamy. Season to taste with salt and pepper.

NOTES:

This avocado sauce can be made ahead and served chilled. It can be stored in the refrigerator in an air-tight container for up to 3 days. It pairs beautifully with grilled meat, such as skirt steak or chicken, for a delicious main course at your next summer BBQ. It is also an excellent condiment for tacos.



**CREAMY
AVOCADO
BASIL SAUCE**

THE CREAMY-LICIOUS:

CREAMY AVOCADO BASIL SAUCE

RECIPE SERVING SIZE: 2 Tbsp

NUMBER OF SERVINGS: 8

PREP TIME:



10 minutes

COOK TIME:



0 minutes

READY IN:



10 minutes

With a pesto-like flavor, this creamy basil avocado sauce will add a beautiful Mediterranean flare to your next meal. It pairs beautifully with grilled meats and vegetables, such as grilled mushrooms, and comes together in minutes!



INGREDIENTS:

1 ripe, fresh avocado, halved, pitted and peeled

1/2 cup basil leaves, roughly chopped

1/4 cup nonfat Greek yogurt, plain

1 Tbsp. olive oil

Juice of 1 lemon

Zest of 1 lemon

Salt and pepper to taste

INSTRUCTIONS:

Place all ingredients in the bowl of a small food processor or blender. Blend until creamy. Season to taste with salt and pepper.

NOTES:

This avocado sauce can be made ahead and served chilled. It can be stored in the refrigerator in an air-tight container for up to 3 days. It pairs beautifully with grilled vegetables, such as mushrooms, for a delicious side dish. Or also pairs well with grilled meats. Can stand alone as its own dip with fresh vegetable crudité as well.



**SPICY CREAMY
AVOCADO
SAUCE**

THE MUST-HAVE:

SPICY CREAMY AVOCADO SAUCE

RECIPE SERVING SIZE: 2 Tbsp

NUMBER OF SERVINGS: 8

PREP TIME:



10 minutes

COOK TIME:



0 minutes

READY IN:



10 minutes

This recipe for spicy, delicious, creamy avocado sauce comes together in minutes and adds a creamy kick to your next meal. It pairs perfectly with grilled meats or is a fantastic dipping sauce all on its own with fresh vegetable crudité. It is a wonderful addition to your summer barbecue menu!



INGREDIENTS:

1 ripe, fresh avocado, halved, pitted and peeled

1/2 cup cilantro leaves, packed

2 Tbsp. olive oil

2 Tbsp. lime juice

Zest of 1 lime

1 tsp. white wine vinegar

1 Tbsp. jalapeño, minced

1 clove garlic, minced

1/2 inch piece fresh ginger, minced

Salt and pepper to taste

INSTRUCTIONS:

Place all ingredients in the bowl of a small food processor or blender. Blend until creamy. Season to taste with salt and pepper.

NOTES:

This avocado sauce can be made ahead and served chilled. It can be stored in the refrigerator in an air-tight container for up to 3 days. It pairs beautifully with grilled meat for a delicious main course at your next summer BBQ.



**AVOCADO
TAHINI SAUCE**

THE ONE TO IMPRESS:

AVOCADO TAHINI SAUCE

RECIPE SERVING SIZE: 2 Tbsp
NUMBER OF SERVINGS: 8

PREP TIME:



10 minutes

COOK TIME:



0 minutes

READY IN:



10 minutes

This luscious, creamy, flavorful avocado sauce is quick and easy to make and will add a nutritious and delicious punch to your next meal. With beautiful Middle Eastern flavors, it will enhance your grilled fish, chicken, lamb or vegetables. Or it can stand alone as a dip at your next get-together with baked pita chips or vegetable crudité.



INGREDIENTS:

1 ripe, fresh avocado, halved, pitted and peeled

1/4 cup unsalted tahini (sesame seed paste)

1/4 cup nonfat Greek yogurt, plain

Juice of 2 lemons

Zest of 1 lemon

1 Tbsp. red wine vinegar

1 clove garlic, minced

1/2 tsp. ground cumin

Salt and pepper to taste

1-2 Tbsp. water (optional)

1 tsp. sesame seeds, for garnish (optional)

INSTRUCTIONS:

Combine all ingredients in the bowl of a small food processor or blender. Blend until creamy. Add water, 1 tablespoon at a time if the sauce is too thick until you reach your desired consistency.

Season to taste with salt and pepper.

Garnish with sesame seeds, if desired.

NOTES:

This avocado sauce can be made ahead and served chilled. It can be stored in the refrigerator in an air-tight container for up to 3 days. It pairs beautifully with grilled fish or vegetables or can stand alone as a dip with vegetable crudité.



GRILLING LIKE A PRO: SECRETS TO PERFECTION

START WITH A CLEAN GRILL:

Before firing up your grill, take some time to clean it thoroughly. Use a grill brush to scrape off any leftover debris from the last cookout and wipe it down with a damp cloth.

PREHEAT YOUR GRILL:

Make sure your grill is heated to the correct temperature before you start grilling. This will prevent sticking and ensure that your food is cooked evenly. Let your grill heat up for about 10-15 minutes before cooking.

OIL YOUR FOOD, NOT THE GRILL:

It's a common mistake to oil your grill grates, but this can cause flare-ups and leave your food with a burnt taste. Instead, lightly brush your meats and vegetables with oil before placing it on the grill to prevent sticking and achieve those beautiful grill marks. Use a neutral oil with a high smoke point, like avocado oil, canola or vegetable oil, and brush it on evenly.

DON'T OVERCROWD THE GRILL:

Make sure there is enough space between each item on the grill to allow for even cooking. Overcrowding the grill can lead to uneven cooking and burnt spots.

CHOOSE THE RIGHT CUT:

When it comes to meats, choosing the right cut is crucial for a successful grilling session. Look for cuts that are well-marbled and uniform in thickness for even cooking. For vegetables, go for ones that are firm and fresh to ensure they hold up well on the grill.

ADD FLAVOR:

Before grilling, season your meats and vegetables generously with salt, pepper, and any other herbs and spices you like. This adds flavor and enhances the natural taste of the food. Marinating your meat before grilling can enhance the flavor too and make it more tender. Make sure to marinate the meat for at least 30 minutes before grilling. Don't be afraid to experiment with different seasoning blends and marinades for your meat and veggies. This can help you discover new flavor combinations that you love.

MIND THE HEAT:

Different foods require different cooking temperatures. For delicate vegetables, opt for a medium heat to prevent burning. For meats, start with a high heat to sear the outside, then lower the heat to cook the inside to perfection. Use a meat thermometer to ensure that your meat is fully cooked and safe to eat; insert it into the thickest part of the meat and make sure it reaches the desired internal temperature before removing it from the grill.

The safe cooking temperature for meat varies depending on the type of meat and the cut.

Here are some general guidelines for minimum internal cooking temperatures:



Beef, Pork, Lamb, and Veal: Ground meats (such as burgers and meatloaf) should be cooked to an internal temperature of 160°F (71°C) to ensure safety. Whole cuts of beef, pork, lamb, and veal, including steaks, roasts, and chops, can be cooked to a minimum internal temperature of 145°F (63°C) with a three-minute rest time.



Poultry: All poultry, including chicken, turkey, duck, and goose, should be cooked to an internal temperature of at least 165°F (74°C). This includes whole birds, as well as breasts, thighs, wings, and ground poultry.



Fish and Seafood: Fish and seafood should be cooked to an internal temperature of 145°F (63°C) or until the flesh is opaque and flakes easily with a fork. Shrimp, lobster, and crab should be cooked until they turn opaque and firm up.

GRILL VEGGIES AND FRUITS SEPARATELY FROM YOUR MEATS:

Vegetables and fruits require different cooking times than meat, so it's best to grill them separately. This will prevent overcooking of vegetables or undercooking of meat.

BE PATIENT:

Don't rush the grilling process. Give your food time to cook and don't flip it too often. This will ensure that your food cooks evenly and doesn't stick to the grill.

REST AND RELAX:

Once your meats and vegetables are done cooking, give them a few minutes to rest before serving. This allows the juices to redistribute and ensures they're more tender and juicier.



avocados

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