

SNACKS & APPETIZERS



The origin of guacamole is the Aztec avocado sauce called "ahuaca-hulli."

Guacamole with Bleu Cheese

INGREDIENTS

2 cups firm, ripe Florida avocado, diced
1/2 – 1 ounce bleu cheese
6 drops hot sauce
8 drops scraped onion

3/8 teaspoon salt
1 teaspoon – 1 tablespoon lime juice, based on preference

INSTRUCTIONS

To scrape onion, cut it in half horizontally and, using the edge of a tablespoon, scrape it across the cut surface to get a very fine, juicy pulp.

Crumble bleu cheese into a large mixing bowl and add all other ingredients, except the avocado. Mix into a smooth paste. Add avocado and crush with a large fork or potato masher until the avocado is reduced to a slightly lumpy paste and is completely blended with the sauce. Do not use a mechanical mixer or blender as this produces a smooth cream, which is not desirable.

Before serving, preparer should taste with a spoon and adjust lime, salt and hot sauce, according to personal preferences.

Serve on crackers or toast. May also be used as a dip with potato or corn chips.

Serves 8–10.

Submitted by Medora Krome

Johnny's Avocado Salad

INGREDIENTS

1 large Redland Raised avocado (firm and ripe)
1 medium Spanish onion, chopped finely

1/4 cup red wine vinegar
1/2 cup mayonnaise
Garlic salt and pepper to taste

INSTRUCTIONS

Dice avocado and sprinkle with garlic salt and pepper. Mix in onion and refrigerate until ready serve. Make a dressing of red wine vinegar and mayonnaise, then lightly toss with dressing before serving.

Submitted by Dona LaPradd

"As avocado farmers, we always had an abundance of these great versatile fruits. This quick and easy salad is a favorite that's served in our house weekly during avocado season. I hope you enjoy it as much as Johnny did."