



Make your Guac



Fruity

Add small dices of fresh fruit such as apples, pears, bananas, peaches or nectarines.

Fiery

Jalapenos are the most common heat, but also try Habanero, Serrano, Anaheim or poblano peppers, or add pickled jalapenos for a new twist. You can also add heat with red pepper flakes, Tabasco or ground red pepper.

Cheesy

Feta, queso fresco or blue cheese, make your guacamole even creamier with a soft, crumbly cheese.

Healthy

Add an antioxidant punch with pomegranate seeds, edamame or blueberries.

Seasonal

Change your guacamole throughout the year to tie into local seasons, try sundried tomatoes in the winter when tomatoes are not their most flavorful or add toasted pumpkin seeds in the fall.

Trendy

Everything is better with bacon, but also look at other trendy ingredients to stand out from the crowd such as rhubarb, ramps and truffle oil.

Acid Drop

Don't limit yourself to lemon, mix up your acids with lime, orange or even grapefruit to provide an unexpected hint of citrus.

Savor The Flavor

Add savory ingredients such as crab, shredded chicken or crumbled chorizo.

Spice It Up

Open up a world of flavors by adding cumin, ginger, curry and more to explore the diversity of guacamole and give it an ethnic twist.

Get Smoky

Pureed chipotle, smoked paprika, roasted poblanos or even a little liquid smoke can add a pleasingly smoky element to your guacamole.

Avocados from Mexico can be ordered at different stages of ripeness from firm to ready to use in a variety of packs containing sized 32, 36, 40, 48, 60, 70 or 84 avocados. The most popular sizes are 48's, 60's and 70's. You can also order #2's, which may display aesthetic defects on the outside, but deliver the same great flavor and creaminess on the inside.



Sizes and Yields						
Size	36	40	48	60	70	84
Weight (oz)	10.7	10.0	7.7	5.9	5.0	3.7
Yield (oz)	7.4	7.0	5.4	3.9	3.6	2.6
Measure (cup)	15/16	7/8	2/3	1/2	7/16	1/3

A size 48 Hass avocado yields approximately 16 slices cut 1/4-inch thick.

Avocado Decision Tree



Breakfast

- Eggs/Omelets
- Granola
- Yogurt
- Muffins
- Sandwiches/wraps
- Toast/Bagels
- Parfaits
- Smoothies
- Breakfast Casserole
- Huevos Rancheros
- Avocado Butter

Soups

- Tortilla
- Chili
- Gazpacho
- Potato
- Tomato
- Corn
- Minestrone
- Chowders
- Noodle Soups



Appetizers

- Bruschetta
- Salsas
- Dips/Spreads
- Crab Cakes
- Deviled Eggs
- Sushi
- Avocado Fries
- Ceviche
- Pico de Gallo
- Stuffed Avocado Halves
- Egg Rolls
- Tempura

Entrees

- Steak
- Chicken
- Pork
- Fish
- Pastas
- Mac n Cheese
- Shepherd's Pie
- Salads
- Risottos
- Garnish
- Lasagna



Top with Guac

- Burgers
- Sandwiches
- Chilies
- Hors d'oeuvres
- Steaks
- Pulled Pork
- Shish Kebab
- Hot Dogs
- Crab Cakes
- Pizza
- Chicken Breast
- Chicken Fingers
- Baked Potato

Sauces

- Hollandaise
- Mayonnaise
- Bechamel
- Veloute
- Bearnaise
- Aoli
- Pico de Gallo
- Salad Dressing
- Pesto
- Tomatillo



Salads

- Green
- Fruit
- Cobb
- Caesar
- Chef
- Chicken
- Tuna
- Egg
- Potato
- Pasta/Grain
- Bean
- Taco
- Crab Louie
- Caprese

Desserts

- Cheesecake
- Panna Cotta
- Puddings
- Ice Cream
- Flan
- Parfaits
- Whips
- Fudge
- Popsicles
- Chocolate
- Fruit Pudding
- Rice Pudding
- Frosting
- Cake



Sandwiches

- Club
- Turkey
- Chicken Salad
- Tuna Salad
- Avocado Spread
- Grilled Cheese
- BLT
- Melts
- Ham
- Gyros

