



HOT AVOCADO SUMMER

SERVINGS: 4-6

PREPPING TIME: 15 MIN

Ingredients

- | | |
|--------------------------|-----------------------------------|
| 2 Avocados from Peru | 1 Whole Jalapeno |
| ¾ Cup Diced Mango | 1 tsp Chili Powder |
| ½ Diced Red Onion | ¼ cup Pumpkin Seeds |
| 1 Bunch Chopped Cilantro | 1 tbs Butter |
| 2 Limes | 1 Clove Garlic |
| Pinch of Salt | Sprinkle of Cojita or Feta Cheese |



The Official Avocado of the Cleveland Browns

Directions

1. To cut the avocados, run a knife around the avocado (from top to bottom) and twist in half. Pull out and discard the pit. Using a spoon or your thumb, remove the flesh and place it into a medium-sized bowl.
2. In a saucepan melt butter, add pumpkin seeds, and cook until toasted. Remove from pan and toss with tatin.
3. Cut the lime in half and squeeze both halves into the bowl with the avocado. Add the garlic, salt, diced mango, red onion, cilantro, and jalapeno.
4. Using a fork gently mash each avocado half a few times then stir all ingredients together. Sprinkle top with tatin seeds and cojita.