PALTA RELLENA DE ATUN

TUNA STUFFED AVOCADO

MAKES 2 SERVINGS

COUNTRY: PERU

INGREDIENTS

2.8 oz canned tuna (1 small can)
Albacore in oil preferred
1 ripe avocado
1 tbsp mayonnaise*
2 tbsp peas (frozen, defrosted)
2 tbsp corn (frozen, defrosted)
1 tbsp finely chopped parsley
1 pinch black pepper*
1 pinch salt*
1 tsp lime juice*

**or more, to taste*

TO SERVE (OPTIONAL)

About 2 lettuce leaves
About 6 cherry tomatoes

DIRECTIONS

Drain any excess liquid from the tuna and mix in a small bowl with the mayonnaise, peas, corn, parsley and a little salt and pepper. Mix so everything is well combined and set aside.

Cut the avocado in half, remove the stone and peel each half. Squeeze a little lemon or lime juice onto each side and rub in (just so it's lightly coated).

Place a lettuce leaf on two plates and halve the cherry tomatoes. Place a half of avocado on top of the lettuce so that it helps keep it steady and place the tomato halves around it. Stuff the cavity from the stone on each half of the avocado with the tuna mixture and serve.

SOURCE: carolinescooking.com

ENSALADA DE AGUACATE

AVOCADO, TOMATO & RED ONION SALAD

MAKES 2 SERVINGS

COUNTRIES: CHILE, PUERTO RICO, CUBA & THE DOMINICAN REPUBLIC

INGREDIENTS

1 large, ripe avocado
(*peeled, sliced, remove seed*)
2 large, ripe tomatoes*
(*cored & cut into eighths*)
½ red onion, sliced thin
1 tbsp fresh oregano
(*remove leaves from stems*)
1 lime, juiced
1 tbsp high quality olive oil
Sea salt & fresh ground pepper, to taste

**Substitute with 2 cups cherry or grape tomatoes, sliced in halves*

DIRECTIONS

On a small platter, arrange avocado, tomatoes, red onion and oregano in layers.

Generously season with the salt and pepper, to taste. Drizzle with lime juice and olive oil.

SOURCE: followfreshfromflorida.com

FRESH GUACAMOLE

MAKES 1-4 SERVINGS

COUNTRY: MEXICO

INGREDIENTS

2 large, ripe avocados
(*mashed, seed removed*)
1 med-large tomato
(*diced small*)
Juice from 1-2 limes
¼ red onion, diced small
2 tbsp fresh cilantro
(*roughly chopped*)
1/2 tsp cumin
Sea salt & fresh ground pepper, to taste
Several dashes of hot sauce
(*optional, for heat, to taste*)

DIRECTIONS

Mix all the ingredients together in a large bowl* and stir to combine. Taste and adjust seasoning as needed. Store in an air tight container in the refrigerator.

Serve with tortilla chips or use as a topping over Mexican or Tex-Mex dishes!

**Use a traditional molcajete for bonus points!*

SOURCE: followfreshfromflorida.com