

# recipes with AVOCADOS

## Choconana pudding

- 2 avocados
- 2-3 bananas
- ½ c. cocoa
- ⅓ c. honey
- 2 tsp. vanilla
- 1 T. coconut oil (optional)

Process all ingredients in food processor until smooth, adding water if needed.

My kids love this as a fun birthday treat, layered with plain yogurt and strawberry or banana slices. It's so simple, but they think it looks fancy.

**Nate & Hallie Evans, New Albin**

## Black bean salsa

**Mix these five ingredients together:**

- 1 can black beans, drained
- 16-oz. bag frozen corn
- 2 cans black olives (sliced)
- red pepper, chopped
- small onion, finely chopped

**Sauce ingredients:**

- ½ c. olive oil
- 3 T. white vinegar
- ¼ c. lemon juice
- 1 tsp. oregano
- ½ tsp. salt
- ½ tsp. pepper
- 5 cloves garlic (crushed)  
or ½ tsp. minced equals 1 clove
- 2 avocados, chopped (add to above just before serving)

Mix sauce ingredients together; pour over first mixture and stir. Add avocados just before serving. This is good with the dipper chips or whatever chips you like.

We usually make a double batch.

**Diane Berg, Garnavillo**

## Shrimp and avocado taco salad

- ⅓ c. packed cilantro leaves, roughly chopped
- ¼ c. fresh lime juice
- ¼ c. extra virgin olive oil
- 1 T. honey
- ½ tsp. chili powder
- salt and pepper
- ½ lb. jumbo shrimp, peeled and deveined
- 10 oz. chopped romaine lettuce
- ½ c. shredded red cabbage
- ½ c. grape or cherry tomatoes, halved
- 1 avocado, chopped
- coarse sea salt (optional)
- blue corn tortilla chips, gluten free, crushed

To make dressing, combine the first 6 ingredients in a food processor or blender and process until smooth. Place shrimp in a plastic bag, add 3 T. dressing and marinate in the refrigerator for 10 minutes (no longer). Reserve remaining dressing for salad dressing.

After the shrimp have marinated, spray the bottom of a skillet with extra virgin olive oil or nonstick spray and sauté in two batches to avoid overcrowding the pan, for 1-2 minutes a side, or until barely cooked through. Set aside to cool slightly. Discard remaining marinade.

Divide lettuce and red cabbage between plates. Top with avocados, tomatoes, sautéed shrimp and crushed tortilla chips. Sprinkle with sea salt, if desired, then drizzle dressing on top and serve. Serves 2.

**Angela Winters, Fredericksburg**

**Allamakee-Clayton Electric Cooperative**  
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