

CHEF & CHILD FOUNDATION RECIPE COLLECTION

STUFFED AVOCADOS

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SERVINGS
PER RECIPE: 4

SERVING SIZE: 1/2 avocado



ORIGINAL RECIPE

Ingredients:

2 avocados, halved
and pitted
2 plum tomatoes, diced
1 lemon, juice
1/2 green or red bell
pepper, diced
1 cup corn kernels, cooked
1 celery stalk, diced
1 teaspoon dried dill
1/4 teaspoon salt
1/4 teaspoon ground
black pepper

DIRECTIONS:

1. Scope out avocado pulp, leaving the firm shells.
2. In a mixing bowl, mix together the avocado pulp with the remaining ingredients. Divide the mixture equally into each avocado shell. Serve at room temperature.

ORIGINAL ANALYSIS PER SERVING:

Calories (kcal): 160
Total Fat (g): 11
Saturated Fat (g): 1.5
Trans Fat (g): 0
Cholesterol (mg): 65
Sodium (mg): 320
Carbohydrate (g): 17
Dietary Fiber (g): 7
Sugars (g): 4
Protein (g): 3
Vitamin A: 20%
Calcium: 2%
Vitamin C: 70%
Iron: 6%

THINGS TO CONSIDER:

- The stuffed avocado recipe was already full of flavor and nutrition. Therefore, there were not many modifications that could be made.
- Rather than having the avocados stuffed and served, another option would be making the mixture into a dip. In this way, it could be served alongside whole-grain crackers or bread, providing whole-grain nutrition and energy for kids. Also if a dip, making the serving size 1/4 cup would keep the fat intake under control since the original recipe has a total of 11 grams of fat per serving.



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Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.