**STUFFED AVOCADOS**

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**SERVINGS PER RECIPE:** 4  
**SERVING SIZE:** ½ avocado

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**ORIGINAL RECIPE**

**Ingredients:**
- 2 avocados, halved and pitted
- 2 plum tomatoes, diced
- 1 lemon, juice
- ½ green or red bell pepper, diced
- 1 cup corn kernels, cooked
- 1 celery stalk, diced
- 1 teaspoon dried dill
- ¼ teaspoon salt
- ¼ 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.

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**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%

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**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 ¼ cup would keep the fat intake under control since the original recipe has a total of 11 grams of fat per serving.