



21 WAYS.
ENDLESS OPPORTUNITIES.
inspired avocado dips, dressings & spreads



incredible popularity.
all-natural goodness.

We start with the finest hand-picked Hass avocados, then let them ripen to perfection. What you get is natural goodness and consistency every time with seamless recipe integration across the menu. From slices and dices to smooth and chunky, we have it all, all year long.

- 100% Hass avocados provide rich, nutty flavor and creamy texture
- All natural ingredients with no additives or preservatives for fresh-like flavor
- Full line of offerings from guacamoles and pulp to cut fruit



true culinary support

From creating exciting new recipes to offering simple tips and suggestions, our talented team of executive chefs are always on hand to help make your menu taste better and work smarter.



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Zesty Chipotle and Avocado Dip

Recipe Yield: 2 cups

Mexican crema	8 oz
Mayonnaise	8 oz
Canned chipotle chiles in adobo sauce	4
Simplot Harvest Fresh™ Avocado Slices, thawed, finely diced	4 oz
Simplot RoastWorks® Corn & Black Bean Fiesta, prepared per package directions, cooled	4 oz
Salt	½ tsp

PREPARATION

1. In medium bowl, whisk together Mexican crema, mayonnaise, and chipotles until mixture is combined.
2. Stir in diced Harvest Fresh™ Avocado Slices and RoastWorks® Flame-Roasted Corn & Black Bean Fiesta and salt. Serve immediately or cover and chill until ready to serve.

Give your fish tacos extra flavor with this dip. On a large flour tortilla, place shredded iceberg lettuce and fried fish fillets or nuggets. Drizzle with Zesty Chipotle and Avocado Dip, cover with Monterey Jack cheese, and roll up.

Five-Alarm Guacamole

Recipe Yield: 2 cups

Simplot Harvest Fresh™ Avocado Halves, thawed	16 oz
Tomato, chopped	2 oz
Red onion, minced	1½ oz
Habanero or 1-2 serrano peppers, seeded, minced	1
Freshly squeezed lime juice	1 Tbsp
Salt	½ tsp

PREPARATION

1. In medium bowl, coarsely mash Harvest Fresh™ Avocado Halves. Stir in remaining ingredients.
2. Serve immediately or cover and refrigerate until ready to serve.

For milder flavor, use the serrano pepper.

For a “knock-your-socks-off” plate of nachos, top tortilla chips and seasoned ground beef with Five-Alarm Guacamole. Top with pepper jack cheese and run under a salamander until cheese melts.





Avocado and Artichoke Dip

Recipe Yield: 3 cups

Artichoke hearts, quartered	1 (14-oz) can
Simplot Harvest Fresh™ Avocado Dices, thawed	6 oz
Mayonnaise	6 oz
Parmesan cheese (about $\frac{3}{4}$ cup)	2 oz
Panko bread crumbs (about $\frac{1}{4}$ cup)	$\frac{1}{2}$ oz
Freshly squeezed lemon juice	2 Tbsp
Chopped capers	1 Tbsp
Chopped flat-leaf parsley	1 Tbsp
Freshly ground black pepper	$\frac{1}{2}$ tsp
Salt	$\frac{1}{8}$ tsp

PREPARATION

1. Place Harvest Fresh™ Avocado Dices and all other ingredients in bowl of food processor. Process until fairly smooth, about 1 minute.
2. Serve immediately or cover and refrigerate.

If heating this dip, a good-quality mayonnaise must be used so that it will not “break” under heat.

This indulgent dip tastes even better heated. Preheat oven to 375°F. Portion dip into individual ramekins and top with additional cheese or bread crumbs. Bake for about 10 minutes or until dip is heated and bubbly. Run the dip under a broiler for a minute or so to brown the topping.



Grilled Guacamole Dip

Recipe Yield: 2 cups

Simplot Harvest Fresh™ Avocado Slices, thawed	10 oz
Simplot RoastWorks® Flame-Roasted Corn & Black Bean Fiesta, prepared per package directions, cooled	4 oz
Roasted poblano peppers,	1 oz
Freshly squeezed lime juice	2 Tbsp
Chili powder	¼ tsp
Garlic powder	¼ tsp
Salt and freshly ground black pepper	as needed

PREPARATION

1. Grill Simplot Harvest Fresh™ Avocado Slices on a hot grill until lightly browned, about 2 minutes on each side. Cool and remove to medium bowl.
2. Mash avocado until fairly smooth, leaving a few chunky pieces. Stir in RoastWorks® Flame-Roasted Corn & Black Bean Fiesta, roasted poblano peppers, lime juice, chili powder and garlic powder. Season with salt and pepper.
3. Cover and refrigerate about 30 minutes. Adjust seasonings as necessary and serve.

Not only is this a delicious dip, but it also makes a great filling for quesadillas. Spread two tortillas with Grilled Guacamole Dip; top one tortilla with shredded cooked chicken and Monterey Jack (or pepper jack) cheese. Sandwich the tortillas together and grill until cheese melts.



Avocado and Fruit Salsa

Recipe Yield: 3 cups

Simplot Harvest Fresh™ Avocado Slices or Simplot Harvest Fresh™ Avocado Halves, thawed and cut into ½" dice	8 oz
Pineapple, diced	6 oz
Mango, diced	4 oz
Red onion, diced (about ¼ cup)	1½ oz
Freshly squeezed lime juice	2 Tbsp
Cilantro, minced	1 Tbsp

PREPARATION

In medium bowl, combine Harvest Fresh™ Avocado Slices or Halves with all other ingredients. Cover and refrigerate about 30 minutes before serving.

For best texture, this salsa should be served shortly after it's made.

Of course, this salsa is great with corn or tortilla chips, but it also makes a refreshing topping for entrées. Try it on a grilled chicken breast or broiled fish fillet.



Avocado and Three-Pepper Dip

Recipe Yield: 2½ cups

Cream cheese, softened	8 oz
Mayonnaise	4 oz
Sour Cream	4 oz
Ground white pepper	1 tsp
Simplot Harvest Fresh™ Avocado Dices, thawed	8 oz
Roasted poblano peppers	2 oz
Simplot RoastWorks® Flame-Roasted Red Peppers, prepared per package directions, cooled, chopped	2 oz
Chopped cilantro	3 Tbsp
Salt	½ tsp

PREPARATION

1. In bowl of mixer, place cream cheese, mayonnaise, sour cream, salt and pepper. Whisk with whip attachment until mixture is smooth.
2. Fold in Harvest Fresh™ Avocado Dices, roasted poblano peppers, and RoastWorks® Flame-Roasted Red Peppers and cilantro.
3. Serve immediately or cover and refrigerate until ready to serve.

This peppery-but-not-hot dip makes a perfect partner with veggies or toasted pita chips. It also makes a luxurious topping for a baked potato.



BAT (Bacon-Avocado-Tomato) Dip

Recipe Yield: 3 cups

Cream cheese, softened	4 oz
Mayonnaise	4 oz
Simplot Harvest Fresh™ Avocado Halves, thawed	4
Chopped tomato	3 oz
Peppered bacon, cooked and crumbled	4 strips
Salt	¼ tsp
Fresh ground black pepper	¼ tsp

PREPARATION

1. Place cream cheese, mayo and Harvest Fresh™ Avocado Halves in bowl of food processor and process until almost smooth, leaving a few avocado pieces in chunks.
2. In medium bowl, combine cream cheese mixture, tomato, bacon, salt and pepper. Serve immediately or cover and refrigerate until ready to use.

If dressing is refrigerated, whisk it to loosen, adding a bit of milk to thin if necessary.

This indulgent dip pairs beautifully with almost any type of dipper: toasted pita wedges, tortilla chips, wheat crackers and bell pepper strips, to name just a few.

Green Green Goddess Dressing

Recipe Yield: 3 cups

Mayonnaise	12 oz
Simplot Harvest Fresh™ Avocado Pulp	8 oz
Chopped flat-leaf parsley	2 Tbsp
Minced green onion	1 Tbsp
Chopped chives	2 tsp
Minced garlic	1 tsp
Chopped fresh dill	1 tsp
Anchovy paste	1 tsp
Half-and-half	6 oz

PREPARATION

1. Place mayonnaise, Harvest Fresh™ Avocado Pulp, parsley, onion, chives, garlic, dill and anchovy paste in bowl of food processor. Process until smooth and combined, about 30 seconds.
2. With motor running, add half-and-half through feed tube and process until smooth, about 15 seconds.
3. Serve immediately or refrigerate until ready to serve.

If dressing is refrigerated, whisk it to loosen, adding a bit of half-and-half if dressing seems thick.

Looking to upgrade your potato salad? Try Green Green Goddess instead of your usual mayonnaise. Add it to boiled sliced potatoes, along with crumbled bacon and sliced green onion. Top with some freshly chopped dill or chives.





Creamy Buttermilk-Avocado Salad Dressing

Recipe Yield: 2 cups

Simplot Harvest Fresh™ Avocado Pulp, thawed	4 oz
Mayonnaise	2 oz
Buttermilk	8 oz
Grated onion	½ tsp
Grated garlic	½ tsp
Salt	½ tsp
Freshly ground black pepper	¼ tsp

PREPARATION

1. In a medium bowl, whisk Harvest Fresh™ Avocado Pulp and mayonnaise together until smooth. Slowly whisk in buttermilk until combined. Whisk in onion, garlic, salt and pepper.
2. Cover and refrigerate at least 1 hour. Adjust seasonings if necessary; serve.

With its hint of garlic and buttermilk base, this dressing is perfect for a classic American-style salad: chopped romaine lettuce, sliced Roma tomatoes, cucumber, carrot...and topped with some diced Simplot Avocado.

Caesar Avocado Dressing

Recipe Yield: 3 cups

Mayonnaise	16 oz
Freshly grated Parmesan cheese	1 cup
Dijon mustard	4 oz
Grated garlic	½ tsp
Anchovy paste	½ tsp
Freshly ground black pepper	½ tsp
Half-and-half	5 oz
Simplot Harvest Fresh™ Avocado Slices, thawed, diced	5 oz

PREPARATION

1. In bowl of food processor, place mayonnaise, Parmesan, Dijon mustard, garlic, anchovy paste and pepper. Process until combined, about 10 seconds.
2. With motor running, add half-and-half in steady stream and process until combined.
3. Remove dressing to medium bowl; fold in diced Harvest Fresh™ Avocado Slices. Serve immediately or cover and refrigerate until ready to serve.

Try this dressing on a wrap sandwich. Layer a tortilla with sliced cooked chicken, seasoned rice and strips of roasted red pepper. Top all with Caesar Avocado Dressing; roll up, burrito-style, and serve.





Creamy Avocado and Ginger Dressing

Recipe Yield: 3 cups

Simplot Harvest Fresh™ Avocado Pulp, thawed	10 oz
Plain Greek yogurt	10 oz
Freshly squeezed lime juice	2 oz
Honey	3 Tbsp
Grated fresh ginger	2 tsp
Minced green onion (optional)	1 Tbsp
Mascarpone cheese	3 oz
Half-and-half, milk or cream	2-3 oz

PREPARATION

1. In medium bowl, whisk together Harvest Fresh™ Avocado Pulp, yogurt, lime juice, honey, ginger and onion (if using). Whisk in mascarpone and milk to reach desired consistency. Serve immediately or cover and refrigerate until ready to use.

If using dressing on fruit salads, omit the green onion.

If refrigerated, re-whisk the dressing to loosen, adding a bit of half-and-half to thin if necessary.

With its sweetness and subtle Asian overtone of ginger, this creamy dressing does “double duty.” Leave the onion out and use it as a creamy dressing for a salad of fresh strawberries, blueberries, pineapple chunks and Simplot Diced Avocado. With the onions, it’s perfect for a spinach salad topped with diced chicken.



Greek Avocado Dressing

Recipe Yield: 3 cups

Nonfat Greek yogurt	12 oz
White Vinegar	1½ Tbsp
Simplot Harvest Fresh™ Avocado Pulp, thawed	6 oz
Sugar	½ tsp
Dried oregano	¼ tsp
Dried thyme	¼ tsp
Olive oil	4 Tbsp
Crumbled feta cheese (about 3 oz)	¾ cup
Simplot Harvest Fresh™ Avocado Slices, thawed, finely diced	3 oz
Diced cucumber, optional	2 oz
Milk	2 oz

PREPARATION

1. In medium bowl, whisk together yogurt and vinegar until combined.
2. Whisk Harvest Fresh™ Avocado Pulp into yogurt mixture in batches until combined.
3. Stir in sugar, oregano and thyme. Slowly whisk in olive oil until incorporated.
4. Fold in feta, diced Harvest Fresh™ Avocado Slices and cucumber (if using). Cover and refrigerate 30 minutes.
5. When ready to serve, whisk dressing to loosen; add milk as necessary to thin.

This dressing goes perfectly with the classic Greek salad of torn romaine, red onion slices and Kalamata olives. But it would also be a great topping for a chicken pita sandwich, or as a dipping sauce for gyros.

Chimichurri Avocado Dressing

Recipe Yield: 2 cups

Flat-leaf parsley, stems trimmed (about 4 oz)	1 bunch
Simplot Harvest Fresh™ Avocado Pulp, thawed	8 oz
White vinegar	4 oz
Garlic	1 medium clove
Dried oregano	1 tsp
Salt	½ tsp
Extra-virgin olive oil	12 oz

PREPARATION

1. In bowl of food processor, place parsley, Harvest Fresh™ Avocado Pulp, vinegar, garlic, oregano and salt. Process until combined, about 15 seconds.
2. With motor running, add oil through feed tube and process until smooth, about 15 seconds.
3. Season if needed with additional salt. Serve immediately or cover and refrigerate until ready to serve.

If dressing is refrigerated, whisk it to recombine before serving.

The “kick” this dressing gets from garlic and parsley gives salads a lift, but also would make a savory sauce for broiled or sautéed fish.





Pesto Guacamole

Recipe Yield: 2 cups

Fresh basil, loosely packed (about 2 oz)	2 cups
Freshly grated Parmesan cheese (about 1 oz)	1¼ cups
Toasted pine nuts	¼ cup
Garlic	1 clove
Salt, plus more for seasoning	¼ tsp
Olive oil	2 Tbsp

Simplot Harvest Fresh™ Avocado Halves, 10 oz
thawed, mashed

PREPARATION

1. In bowl of food processor, place basil, ¾ cup Parmesan, pine nuts, garlic and ¼ tsp. salt. Process until blended, about 10 seconds.
2. With motor running, add oil in steady stream and process a few seconds more.

In medium bowl, combine mashed Harvest Fresh™ Avocado Halves with pesto mixture; stir until combined. Stir in remaining ¼ cup Parmesan. Season with additional salt as needed. Serve immediately.

This cross between pesto and guacamole adds a flavorful counterpoint to a ham sandwich. Spread both sides of a kaiser roll with Pesto Guacamole. Line the bottom of the roll with Black Forest Ham; top with smoked Swiss cheese, Roma tomato slices and Bibb lettuce leaves. Replace the top and either serve “as is” or heat in a panini press.



Asian Avocado Dressing

Recipe Yield: 2½ cups

Mayonnaise	10 oz
Seasoned rice wine vinegar (about 3½ Tbsp)	1½ oz
Simplot Harvest Fresh™ Avocado Dices, thawed, pureed or Simplot Harvest Fresh™ Avocado Pulp, thawed	8 oz
Sugar	1 Tbsp
Asian chili-garlic sauce	3 Tbsp
Soy sauce	2 tsp
Dried red pepper flakes	½ tsp
Powdered ginger	½ tsp
Olive oil	3 Tbsp (approx)

PREPARATION

1. In medium bowl, whisk vinegar into mayonnaise until combined.
2. Whisk pureed Harvest Fresh™ Avocado Dices or Pulp into mayonnaise mixture in batches until combined.
3. Whisk sugar, chili-garlic sauce, soy sauce, red pepper and ginger into mayonnaise mixture until combined.
4. Slowly whisk in as much olive oil as needed until dressing is a thick, yet pourable, consistency. Serve immediately or cover and refrigerate.

If dressing is refrigerated, whisk it to loosen, adding a bit of water to thin if necessary.

The classic Chinese chicken salad will get a flavor boost from this dressing. Top mixed salad greens or Napa cabbage with diced cooked chicken, sliced green onions, and sliced water chestnuts with dressing; sprinkle toasted almond slices over for a finishing touch.



Mediterranean Avocado Spread

Recipe Yield: 2 cups

Simplot Harvest Fresh™ Avocado Dices, thawed	10 oz
Cream cheese, softened	2 oz
Roasted garlic puree	2 Tbsp
Simplot RoastWorks® Flame-Roasted Red Peppers, prepared per package directions, cooled, chopped	2 oz
Caramelized onion, chopped	2 oz
Grated lemon zest	1 tsp
Salt	½ tsp

PREPARATION

1. In medium mixer bowl, combine Harvest Fresh™ Avocado Dices, cream cheese and roasted garlic puree. Blend on medium speed until combined, about 1 minute.
2. Stir in RoastWorks® Flame-Roasted Red Peppers, onion, lemon zest and salt. Serve immediately or refrigerate until ready to serve.

This rich and creamy spread, with its overtones of garlic and lemon, would be a zesty replacement for mayonnaise on a traditional BLT.



White Bean and Avocado Spread

Recipe Yield: 2 cups

Garbanzo beans, drained, rinsed	1 (16 oz) can
Simplot Harvest Fresh™ Avocado Pulp, thawed	8 oz
Cumin seed, toasted	¾ tsp
Freshly squeezed lemon juice	½ tsp
Simplot RoastWorks® Flame-Roasted Red Peppers, prepared per package directions, cooled, chopped	2 oz
Salt and pepper	as needed

PREPARATION

1. Place beans, Harvest Fresh™ Avocado Pulp, cumin seed and lemon juice in bowl of food processor. Process briefly until mixture is fairly smooth.
2. Remove mixture to medium bowl; stir in RoastWorks® Flame-Roasted Red Peppers. Season as needed with salt and pepper.
3. Cover and chill at least 1 hour. Adjust seasonings as necessary and serve.

With its subtle flavor of cumin, this hummus-like spread lends a Middle Eastern flavor wherever it's used. Try it in a roasted veggie sandwich of grilled Portobello mushrooms, zucchini and eggplant slices on flatbread.

Asian-Style Avocado Spread

Recipe Yield: 2 cups

Simplot Harvest Fresh™ Avocado Dices, thawed	8 oz
Cream cheese	8 oz
Wasabi paste	1 tsp
Soy sauce	1 Tbsp
Scallion, finely minced	2
Toasted sesame seeds	1 tsp

PREPARATION

1. In bowl of mixer, combine Harvest Fresh™ Avocado Dices, cream cheese, wasabi paste, soy sauce, scallion and sesame seed. Serve immediately or cover and refrigerate until ready to use.

Use more or less wasabi according to taste. Reconstituted wasabi powder may also be used.

This indulgent spread has a kick, but is not overpowering. Use it on a roast beef sandwich, with Swiss cheese and Roma tomatoes, piled on a crispy baguette.





Roasted Garlic, Avocado & Herb Spread

Recipe Yield: 2 cups

Light or regular cream cheese, softened	8 oz
Simplot Harvest Fresh™ Avocado Dices, thawed, slightly mashed	6 oz
Roasted garlic, pureed	2 oz
Chopped fresh tarragon	1 Tbsp
Chopped fresh dill	1½ tsp
Fresh lemon juice	1½ tsp
Salt and white pepper	as needed

PREPARATION

1. In medium bowl, combine cream cheese, Harvest Fresh™ Avocado Dices, garlic, tarragon, dill and lemon juice until blended. Season with salt and white pepper. Use immediately or cover and refrigerate until ready to use.

For a simple but flavorful new turkey sandwich, spread both sides of a ciabatta bun with Roasted Garlic, Avocado & Herb Spread. Top with turkey and sliced tomato.



Avocado Butter

Recipe Yield: 2 cups

Butter	10 oz
Simplot Harvest Fresh™ Avocado Pulp, thawed	6 oz
Freshly squeezed lemon juice	1 Tbsp
Chopped garlic	2 tsp

PREPARATION

1. In medium bowl, whisk together Harvest Fresh™ Avocado Pulp with all other ingredients.
2. Cover and refrigerate at least 30 minutes for flavors to blend.

The classic Italian garlic mayonnaise takes on a subtle new flavor with the addition of avocado. Try it on a focaccia roll stacked with a mixture of Italian meats (such as salami and capicola), cheese and roasted red pepper strips.

Edamame-Avocado Spread

Recipe Yield: 3 cups

Simplot Classic® Culinary Select™ Edamame, shelled, prepared per package directions	12 oz
Light or regular cream cheese, softened	8 oz
Salt	1 tsp
Garlic powder	½ tsp
Paprika	¼ tsp
Simplot Harvest Fresh™ Avocado Slices, thawed, finely diced	3 oz
Sun-dried tomatoes (rehydrated if necessary), chopped	1 oz
Additional salt and freshly ground black pepper	as needed

PREPARATION

1. Place Culinary Select™ Edamame, cream cheese, 1 tsp. salt, garlic powder and paprika in bowl of food processor. Process until edamame is chopped and mixture is combined, about 1 minute (mixture will be rough-textured, not smooth).
2. Remove mixture to medium bowl. Stir in diced Harvest Fresh™ Avocado Slices and sun-dried tomatoes. Season as needed with salt and freshly ground black pepper. Cover and refrigerate until ready to use.

The “nutty,” hearty texture of this spread lends itself to more than just usage as a sandwich spread. For example, spread some on a toasted bagel and top with sliced ham for a different brunch item.



product specifications

Product	Pack Size (lb)	Pack Type	SKU 10071179	Weight Net/Gross (lb)	Case Dimensions	Case Cube	Cases/ Layers	Recipe Page No.
PULP								
Chunky Avocado Pulp	8/1 8/2	Tray	032380 032397	8/10 16/18	12.125" x 10.875" x 4.25" 14.125" x 9.375" x 7.625"	0.27 0.51	12 x 11 12 x 8	9, 10, 12, 13, 15, 16, 18
Chunky Avocado Pulp – Chilled	8/1 8/2	Tray	032403 032410	8/10 16/18	12.125" x 10.875" x 4.25" 14.125" x 9.375" x 7.625"	0.27 0.51	12 x 11 12 x 8	
Avocado Pulp	12/1 6/3	Bag	932260 936220	12/14 18/20	11.375" x 8.875" x 6" 12.625" x 8" x 8.5"	0.30 0.43	17 x 8 18 x 6	
Avocado Pulp – Chilled	8/2	Bag	012658	16/18	15.875" x 9.875" x 3.75"	0.28	12 x 8	
CUT FRUIT								
Avocado Dices	12/2	Bag	029410	24/26	17.875" x 10.8" x 9.8"	0.98	9 x 9	6, 7, 8, 15, 17, 18
Avocado Slices	12/2	Bag	029403	24/26	17.875" x 10.8" x 12.7"	1.29	9 x 7	4, 7, 11, 12, 19
Avocado Halves	12/2	Bag	026938	24/26	17.875" x 10.8" x 11.5"	1.16	9 x 8	5, 7, 8, 14
GUACAMOLE								
Extreme Supreme® Guacamole	12/1 6/3	Bag	932666 935667	12/14 18/20	11.375" x 8.875" x 6" 12.625" x 8" x 8.5"	0.30 0.43	17 x 8 18 x 6	N/A
Extreme Supreme® Guacamole – Chilled	6/2	Bag	012672	16/18	15.875" x 9.875" x 3.75"	0.28	12 x 8	
Western Guacamole	12/1 6/3	Bag	193425 029830	12/14 18/20	11.375" x 8.875" x 6" 12.625" x 8" x 8.5"	0.30 0.43	17 x 8 18 x 6	
Western Guacamole – Chilled	6/2	Bag	012641	16/18	15.875" x 9.875" x 3.75"	0.28	12 x 8	
Zesty Guacamole	12/1 6/3	Bag	030294 030287	12/14 18/20	11.375" x 8.875" x 6" 12.625" x 8" x 8.5"	0.30 0.43	17 x 8 18 x 6	
Especial Guacamole	15/1	Bag	021087	15/17	15.625" x 9.625" x 9.25"	0.91	9 x 9	

for a product presentation, please call 1.800.572.7783 or visit simplotfoods.com/avocados



potatoes | avocados | fruits | vegetables | grains

