

MICHELLE DUDASH DISH WITH DUDASH

Avocados great for creamy, healthy deliciousness



Easy breezy summers call for light and refreshing meals that keep you and the kitchen cool. I created these lightened-up versions of our summertime favorites — burgers and salads — for the California Avocado Commission. California avocados are in peak season now through October.

Dudash is a Scottsdale-based registered dietitian, chef and creator of CleanEatingCookingSchool.com.

Quinoa Tabbouleh Salad with California Avocados

This plant-based, gluten-free dish is hearty enough for a light lunch in itself, or pairs deliciously with your favorite protein, sandwich, or on your party buffet. Sprinkle on chickpeas and roasted almonds for even more protein and a variety of textures. While quinoa is considered an ancient grain, it is technically a seed, and is a complete protein. Avocados are the perfect partner, having nearly 20 vitamins, minerals and beneficial nutrients. More than 75 percent of the fat in avocados is unsaturated, making them a great substitute for foods high in saturated fat.

Prep time: 15 minutes.
Cook time: 15 minutes.
Servings: 10 (½ cup each)

¾ cup + 2 tablespoons dry quinoa
1½ cups low-sodium vegetable broth
2 tablespoons extra-virgin olive oil
Finely grated zest of 1 medium lemon (about 2 teaspoons)
2 large, ripe avocados, diced
3 tablespoons lemon juice
1 large tomato, diced (about 1 cup)
2 tablespoons roughly chopped Italian flat-leaf parsley
½ teaspoon garlic powder
¼ teaspoon sea salt
Freshly ground black pepper



Quinoa Tabbouleh

Place the quinoa in a medium pot and cover with cold water, soaking 5 minutes. Drain thoroughly. Add the broth and bring to a boil on high heat. Reduce heat to low, cover and simmer 15 minutes. Remove from heat without disturbing the lid and allow it to rest for 5 minutes. Transfer the quinoa to a large plate, drizzle with oil and sprinkle with lemon zest, stirring with a wooden spoon. In a mixing bowl, coat the avocado gently in the lemon juice. Add the slightly cooled quinoa, tomato, parsley, garlic powder, salt and pepper. Fold gently. You can enjoy immediately, or chill until ready to serve, placing plastic wrap on the surface of the salad to prevent browning. Serve within 24 hours.
Per serving: 140 calories, 8 g total fat (1 g saturated fat), 75 mg sodium, 0 cholesterol, 14 g total carbohydrate (3 g fiber), 3 g protein.

FROM MICHELLE DUDASH

Grilled Chicken Burgers with California Avocado and Mango Salad

For a lower-carb, lower-calorie meal, serve this dish without the whole-wheat sandwich thin. You can also slice the chicken and serve in lettuce cups, or over a bed of lettuce, sprinkling the avocado mango salad on top. The salad is equally versatile, pairing well with pork tenderloin, seafood or even as a black bean topper. Avocados are naturally sodium-, cholesterol- and sugar-free, making them a nutritious and tasty topper for any burger.

Prep time: 30 minutes, plus marinating time.
Cook time: 10 minutes.
Servings: 4 (about 1-2 pieces of chicken each, with ½ cup salad)

For the chicken burgers:

Zest of 2 limes, finely grated
Juice of 1 lime
2 teaspoons Dijon mustard
2 teaspoons high-heat oil, such as canola, rice bran or grape seed oil
2 garlic cloves, smashed
Freshly ground black pepper
1 pound trimmed boneless skinless chicken breasts, each cut into halves
¼ teaspoon sea salt
4 whole-grain sandwich thins
Additional lime wedges

For the salad:

1 ripe, large avocado, diced into small chunks
Juice of ½ lime
1 large mango, diced into small chunks (about 1 cup)
Sea salt and freshly ground black pepper, to taste



CALIFORNIA AVOCADO COMMISSION
Grilled Chicken Burger

To prepare the chicken burgers: the lime zest and juice, mustard, oil and pepper in a medium container large enough to hold the chicken. Pound the chicken into ½-inch thickness. Coat the chicken with the marinade. Cover and refrigerate for 2-4 hours, up to overnight.

When you are ready to cook the chicken, preheat the grill on medium, about 350 degrees. Lightly oil the grill. Sprinkle all over the chicken. Grill the chicken on one side until opaque halfway up the side, about 7 minutes. Turn the chicken and cook the other side, about 3 minutes.

On the day of serving, prepare the salad: In a medium bowl, coat the avocado with the lime juice. Stir in the mango, salt and pepper. Serve the chicken with the sandwich thin topped with the salad. Serve with lime and your favorite condiments, like ketchup or mustard.

Per serving: 390 calories, 13 g total saturated fat, 510 mg sodium, 95 mg cholesterol, 30 g total carbohydrate (8 g fiber), 3 g protein.

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