

Avocado Day

FIVE FRESH WAYS TO CELEBRATE JULY 31



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THE COLLECTION

Five fresh ways to celebrate avocado

Start July 31 with jammy-egg avocado toast, then move into a bright chicken chopped salad and two shareable dips with plenty of crunch. For dinner, oven-crisp black bean tostadas meet pourable avocado crema, keeping the finale easy, colorful, and satisfying.

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COLLECTION NOTES

Choose ripeness

Use avocados that yield gently near the stem but are not soft all over.

Limit browning

Add citrus promptly and cover avocado mixtures directly when holding them.

Keep it crisp

Assemble toast, chips, salads, and tostadas as close to serving as possible.



THE CROWD-PLEASER

Charred Corn Guacamole with Baked Tortilla Chips

Creamy avocado, smoky skillet-charred corn, lime, jalapeño, and cilantro make a bright summer guacamole, served with crisp oven-baked tortilla chips.

INGREDIENTS

METHOD

VIEW ONLINE

ACTIVE
35 min

CHILL
0 min

TOTAL
35 min

SERVES
8

LEVEL
Easy

Minimum elapsed time shown; cooling and setup may vary.

Charred Corn Guacamole

SHOPPING LIST

- 12 Small Corn Tortillas
- 2 tbsp Avocado Oil
- 1 1/4 tsp Kosher Salt
- 2 cups Fresh Or Frozen Corn Kernels
- 4 large Ripe Avocados
- 3 tbsp Fresh Lime Juice
- 1 small Jalapeño, Finely Chopped
- 1/3 cup Red Onion, Finely Chopped
- 1/3 cup Fresh Cilantro, Chopped
- 1 clove Garlic, Finely Grated
- 1/4 tsp Ground Cumin
- 1/4 tsp Smoked Paprika
- 1 small Roma Tomato, Seeded And Diced
- 1 Lime, Cut Into Wedges

WHY IT WORKS

Charred corn gives classic guacamole a smoky-sweet edge without hiding the flavor of ripe avocado. Browning the kernels in a hot skillet adds depth quickly, while lime, cilantro, and jalapeño keep every bite fresh.

The baked tortilla chips are practical for sharing and need only a light coating of oil and salt. Cutting the tortillas into wedges before baking creates plenty of crisp, sturdy scoops for the chunky guacamole.

For gentler heat, remove the jalapeño seeds and start with half the pepper. For a livelier bowl, keep some seeds or add the remaining jalapeño after tasting; the corn's sweetness helps balance the chile.

The corn can be charred up to one day ahead and refrigerated once cool. For the best color and texture, mash and season the avocado shortly before serving, then press reusable wrap directly onto any leftovers.

KITCHEN NOTES

- Dry thawed frozen corn thoroughly before charring so it browns instead of steaming.
- For milder guacamole, remove the jalapeño seeds and use only half the pepper at first.
- Char the corn up to one day ahead, cool it completely, and refrigerate it in a covered container.

Charred Corn Guacamole



1

Heat the oven to 400°F. Cut each tortilla into 6 wedges and spread the wedges over 2 large sheet pans.



2

Brush the tortilla wedges with 1 tablespoon avocado oil and season with 1/2 teaspoon salt. Bake for 10 to 14 minutes, rotating the pans halfway through, until dry, crisp, and golden at the edges.



3

Heat a large cast-iron or stainless-steel skillet over medium-high heat. Add the remaining 1 tablespoon avocado oil, then add the corn in an even layer.



4

Cook the corn for 5 to 7 minutes, stirring only once or twice, until deeply browned in spots. Stir in the cumin, smoked paprika, and 1/4 teaspoon salt, then transfer the corn to a plate to cool.

Charred Corn Guacamole



5

Halve and pit the avocados, then scoop the flesh into a wide bowl. Add the lime juice, garlic, and remaining 1/2 teaspoon salt.



6

Mash the avocado with a fork until mostly creamy but still chunky. Fold in the jalapeño, red onion, cilantro, tomato, and three-quarters of the cooled charred corn.



7

Taste the guacamole and adjust with more salt, lime, or jalapeño as needed. Spoon it into a shallow serving bowl and scatter the remaining charred corn over the top.



8

Serve immediately with the warm baked tortilla chips and lime wedges, or cover the surface of the guacamole directly and refrigerate for up to 2 hours before serving.



THE BRUNCH FAVORITE

Avocado Toast with Jammy Eggs and Pickled Radishes

Crisp sourdough is layered with lemony smashed avocado, seven-minute eggs, and quick-pickled radishes for a fresh, satisfying brunch.

INGREDIENTS

METHOD

VIEW ONLINE

ACTIVE
30 min

CHILL
0 min

TOTAL
30 min

SERVES
4

LEVEL
Easy

Minimum elapsed time shown; cooling and setup may vary.

Jammy Egg Avocado Toast

SHOPPING LIST

- 4 Small Radishes, Thinly Sliced
- 1/4 cup Apple Cider Vinegar
- 1 teaspoon Granulated Sugar
- 3/4 teaspoon Kosher Salt
- 4 Large Eggs
- 4 slices Thick-Cut Sourdough Bread
- 1 tablespoon Extra-Virgin Olive Oil
- 2 Large Ripe Avocados
- 1 tablespoon Fresh Lemon Juice
- 1 Scallion, Thinly Sliced
- 1/4 teaspoon Black Pepper
- 1/4 teaspoon Red Pepper Flakes, Optional

WHY IT WORKS

This avocado toast is built to feel like a real brunch centerpiece rather than a quick snack. Thick sourdough gives it structure, a generous layer of avocado makes it satisfying, and a jammy egg on each slice adds richness and protein.

The radishes need only a short soak in vinegar, sugar, and salt. In the time it takes to boil the eggs and toast the bread, they become lightly tangy while keeping the crisp bite and vivid color that make the finished toast especially welcome on a summer morning.

A little lemon, scallion, and black pepper season the avocado without covering its flavor. Smashing it roughly instead of blending it leaves enough texture to hold the eggs and radishes in place.

Serve the toasts as soon as they are assembled, while the bread is crisp and the eggs are still slightly warm. A pinch of red pepper flakes is optional, but it gives the creamy avocado a pleasant spark.

KITCHEN NOTES

- Use avocados that yield slightly near the stem but do not feel soft all over.
- For clean egg halves, wipe the knife between cuts.
- Keep the toast and avocado separate until serving so the bread stays crisp.

Jammy Egg Avocado Toast



1

Combine the radishes, apple cider vinegar, sugar, and 1/4 teaspoon of the salt in a small bowl. Toss well and leave to pickle while you prepare the remaining ingredients, stirring once or twice.



2

Bring a medium saucepan of water to a boil. Gently lower in the eggs and cook for exactly 7 minutes, adjusting the heat to maintain a steady but not violent boil.



3

Transfer the eggs immediately to a bowl of ice water and let them cool for 5 minutes. Crack, peel, and halve each egg lengthwise.



4

Brush both sides of the sourdough with the olive oil. Toast in a skillet over medium heat for 2 to 3 minutes per side, or until deeply golden and crisp at the edges.

Jammy Egg Avocado Toast



5

Scoop the avocado into a bowl and add the lemon juice, scallion, black pepper, and remaining 1/2 teaspoon salt. Smash with a fork until creamy but still slightly chunky.



6

Divide the avocado mixture among the warm toast slices and spread it to the edges. Top each slice with two jammy egg halves.



7

Drain the pickled radishes well and scatter them over the eggs and avocado. Finish with red pepper flakes, if using, and serve immediately.



THE FRESH MAIN

Cilantro-Lime Chicken and Avocado Chopped Salad

Juicy skillet chicken, crisp romaine, ripe avocado, tomatoes, and cucumber come together with a bright cilantro-lime dressing in this substantial summer salad.

INGREDIENTS

METHOD

VIEW ONLINE

ACTIVE
40 min

CHILL
0 min

TOTAL
40 min

SERVES
4

LEVEL
Easy

Minimum elapsed time shown; cooling and setup may vary.

Chicken Avocado Chopped Salad

SHOPPING LIST

- 1 1/4 lb Boneless Skinless Chicken Breast Cutlets
- 1 tsp Kosher Salt
- 1 tsp Ground Cumin
- 1/2 tsp Garlic Powder
- 1/4 tsp Black Pepper
- 5 tbsp Extra-Virgin Olive Oil
- 3 tbsp Fresh Lime Juice
- 1 tsp Lime Zest
- 1 tsp Honey
- 1/3 cup Finely Chopped Fresh Cilantro
- 8 cups Romaine Lettuce, Chopped
- 1 1/2 cups Cherry Tomatoes, Halved
- 1 medium English Cucumber, Chopped
- 1/3 cup Red Onion, Thinly Sliced
- 2 medium Ripe Avocados, Cut Into 3/4-Inch Pieces

WHY IT WORKS

This chopped salad is built for a warm-weather lunch or light supper: satisfying enough to stand on its own, but still crisp and refreshing. Skillet-seared chicken brings lean protein, while avocado adds richness without weighing down the vegetables.

A quick cumin and garlic seasoning gives the chicken a savory edge that fits naturally with the cilantro-lime dressing. Cooking the cutlets in a hot skillet creates browned surfaces while keeping the centers juicy, and a short rest prevents the sliced meat from losing its moisture.

Romaine, cucumber, cherry tomatoes, and red onion create a colorful mix of crunchy, juicy, and sharp elements. Tossing those sturdy vegetables with most of the dressing first distributes the flavor evenly without bruising the avocado.

Add the avocado and warm sliced chicken at the very end, folding gently with a wide spoon. The salad is best served right away, while the lettuce is crisp and the avocado pieces still hold their clean edges.

KITCHEN NOTES

- Choose avocados that yield slightly near the stem but are not soft; firmer-ripe fruit holds its shape best when folded into the salad.
- The dressing can be whisked up to one day ahead and refrigerated. Let it stand at room temperature for 10 minutes, then whisk again before using.
- For the crispest result, wash and thoroughly dry the romaine before chopping.

Chicken Avocado Chopped Salad



1

Pat the chicken dry. Season both sides with 1/2 teaspoon of the salt, the cumin, garlic powder, and black pepper.



2

Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat. Add the chicken in a single layer and cook for 5 to 7 minutes, until deeply golden underneath.



3

Turn the chicken and cook for 4 to 6 minutes more, until the thickest part reaches 165°F. Transfer to a cutting board and rest for 5 minutes.



4

Whisk the lime juice, lime zest, honey, and remaining 1/2 teaspoon salt in a small bowl. Slowly whisk in the remaining 4 tablespoons olive oil, then stir in the cilantro.

Chicken Avocado Chopped Salad



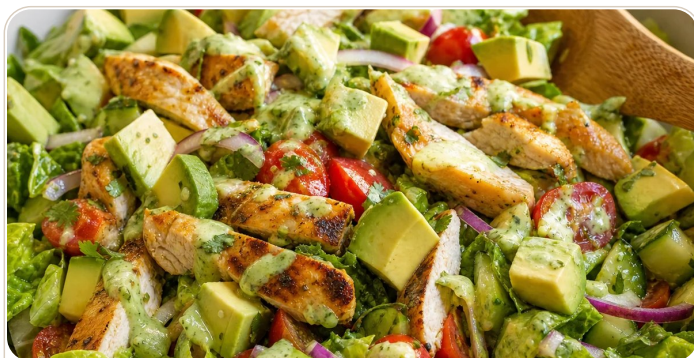
5

Place the romaine, tomatoes, cucumber, and red onion in a large serving bowl. Drizzle with about three-quarters of the dressing and toss until evenly coated.



6

Slice the rested chicken across the grain into bite-size strips, keeping any juices on the cutting board with the meat.



7

Add the avocado and sliced chicken to the salad. Drizzle with the remaining dressing and fold gently with a wide spoon just until combined, taking care not to mash the avocado.



8

Serve immediately, dividing the chicken and avocado evenly among four plates.



THE COOL DIP

Creamy Avocado Herb Dip with Summer Vegetables

Ripe avocado, Greek yogurt, lemon, scallions, and tender herbs blend into a cool, tangy dip served with a crisp rainbow of summer vegetables.

[INGREDIENTS](#)[METHOD](#)[VIEW ONLINE](#)

ACTIVE
20 min

CHILL
0 min

TOTAL
20 min

SERVES
8

LEVEL
Easy

Minimum elapsed time shown; cooling and setup may vary.

Creamy Avocado Herb Dip

SHOPPING LIST

- 2 Large Ripe Avocados, Halved and Pitted
- 1 cup Plain Whole-Milk Greek Yogurt
- 3 tablespoons Fresh Lemon Juice
- 1 teaspoon Lemon Zest
- 2 Scallions, Thinly Sliced
- 1/4 cup Fresh Flat-Leaf Parsley Leaves
- 2 tablespoons Fresh Dill Fronds
- 2 tablespoons Fresh Basil Leaves
- 1 Small Garlic Clove, Grated
- 2 tablespoons Extra-Virgin Olive Oil
- 3/4 teaspoon Kosher Salt
- 1/4 teaspoon Black Pepper
- 2 tablespoons Ice Water, Plus More as Needed
- 4 Persian Cucumbers, Cut into Spears
- 1 Red Bell Pepper, Cut into Strips
- 3 Large Carrots, Peeled and Cut into Sticks
- 8 ounces Sugar Snap Peas, Trimmed
- 8 Radishes, Halved

WHY IT WORKS

This dip turns ripe avocado into something lighter and silkier than guacamole. Thick Greek yogurt adds tang and enough structure to hold onto vegetables, while lemon keeps the flavor clean and bright.

A mix of parsley, dill, and basil gives the dip more dimension than any single herb could. Scallions add a mild savory edge without overwhelming the avocado, and a small garlic clove rounds everything out.

The vegetable platter is part of the recipe, not an afterthought. Cucumbers, bell pepper, carrots, snap peas, and radishes provide different shapes, colors, and levels of crunch for a relaxed summer spread.

For the freshest green color, blend the dip shortly before serving. If it needs to wait, press parchment directly onto the surface and refrigerate it for up to six hours, then stir before setting it out.

KITCHEN NOTES

- Use avocados that yield gently near the stem but do not feel mushy.
- Whole-milk Greek yogurt gives the smoothest texture; a lower-fat yogurt may need less ice water.
- Keep the dip cold until serving and discard it if it has sat at room temperature for more than 2 hours.

Creamy Avocado Herb Dip



1

Wash and dry all of the vegetables and herbs. Cut the cucumbers into spears, the bell pepper into wide strips, the carrots into sticks, and the radishes in half; trim the snap peas.



2

Scoop the avocado flesh into a food processor. Add the Greek yogurt, lemon juice, lemon zest, scallions, parsley, dill, basil, garlic, olive oil, salt, and black pepper.



3

Process for 45 to 60 seconds, stopping once to scrape down the bowl, until the herbs are finely blended and the dip is smooth and evenly pale green.



4

With the processor running, add 2 tablespoons of ice water. Blend for 15 seconds; if the dip is too thick to scoop easily, add more ice water 1 teaspoon at a time.

Creamy Avocado Herb Dip



5

Taste and adjust with another pinch of salt or squeeze of lemon as needed. Transfer the dip to a shallow serving bowl and smooth the top with the back of a spoon.



6

Arrange the cucumbers, bell pepper, carrots, snap peas, and radishes around the dip. Serve immediately, or press parchment directly against the dip and refrigerate for up to 6 hours before serving.



THE EASY DINNER

Sheet-Pan Black Bean Tostadas with Avocado Crema

Oven-crisped corn tortillas hold cumin-spiced black beans, sweet corn, crunchy cabbage, radishes, tomatoes, and a smooth avocado-lime crema.

[INGREDIENTS](#)[METHOD](#)[VIEW ONLINE](#)

ACTIVE
35 min

CHILL
0 min

TOTAL
35 min

SERVES
4

LEVEL
Easy

Minimum elapsed time shown; cooling and setup may vary.

Black Bean Tostadas

SHOPPING LIST

- 8 6-inch Corn Tortillas
- 3 tablespoons Extra-Virgin Olive Oil, Divided
- 1 1/4 teaspoons Kosher Salt, Divided
- 1 Small Yellow Onion, Finely Chopped
- 1 Small Red Bell Pepper, Finely Chopped
- 2 Garlic Cloves, Minced
- 1 1/2 teaspoons Ground Cumin
- 1/2 teaspoon Smoked Paprika
- 2 15-ounce cans Black Beans, Rinsed and Drained
- 1 cup Corn Kernels, Fresh or Frozen
- 1/3 cup Water
- 1 Large Ripe Avocado, Halved and Pitted
- 1/2 cup Plain Greek Yogurt
- 3 tablespoons Fresh Lime Juice
- 1/3 cup Fresh Cilantro Leaves, Plus More for Serving
- 2 cups Finely Shredded Green Cabbage
- 1 cup Cherry Tomatoes, Quartered
- 4 Radishes, Thinly Sliced
- 1/2 cup Crumbled Cotija Cheese
- 1 Lime, Cut into Wedges

WHY IT WORKS

These tostadas get their crunch from the oven instead of a pot of hot oil. A light brush of olive oil helps corn tortillas turn crisp and golden on two sheet pans while the toppings come together on the stovetop.

The filling starts with onion, sweet red pepper, black beans, and corn seasoned with cumin and smoked paprika. Mashing a small portion of the beans gives the mixture enough body to sit on the tortillas without making them soggy.

Avocado crema is the cool counterpoint. Greek yogurt and lime make it bright and pourable, while cilantro keeps the flavor fresh without hiding the ripe avocado at the center of the recipe.

Set out the crisp shells and toppings separately if everyone will assemble their own. Once topped, the tostadas are best eaten right away, before the beans and crema have time to soften the tortillas.

KITCHEN NOTES

- Do not overlap the tortillas on the pans; exposed surfaces are what turn crisp.
- Keep baked tostada shells on a wire rack for up to 2 hours and assemble only when ready to eat.
- If using frozen corn, add it straight from the freezer and simmer until hot.

Black Bean Tostadas



1

Heat the oven to 425°F with racks in the upper and lower thirds. Brush both sides of the tortillas with 2 tablespoons of olive oil, arrange them in a single layer on two sheet pans, and season with 1/4 teaspoon salt.



2

Bake for 5 minutes, flip the tortillas, rotate the pans from top to bottom, and bake for 4 to 6 minutes more, until rigid, lightly browned, and crisp at the centers. Transfer to a wire rack.



3

Meanwhile, heat the remaining 1 tablespoon olive oil in a large skillet over medium-high. Cook the onion and bell pepper for 5 minutes, stirring often, until softened and lightly browned; add the garlic, cumin, and smoked paprika and stir for 30 seconds.



4

Add the black beans, corn, water, and 3/4 teaspoon salt. Simmer for 4 to 5 minutes, mashing about one-quarter of the beans with a spoon, until the liquid is absorbed and the mixture holds together.

Black Bean Tostadas



5

Scoop the avocado into a blender. Add the Greek yogurt, lime juice, cilantro, remaining 1/4 teaspoon salt, and 2 tablespoons water; blend until completely smooth and pourable, adding another teaspoon of water if needed.



6

Just before serving, spoon the warm bean mixture onto the crisp tortillas. Top with cabbage, tomatoes, radishes, Cotija, avocado crema, and cilantro, and serve immediately with lime wedges.