

CALIFORNIA AVOCADO BURGER

INGREDIENTS

1 1/2 tsp. Worcestershire sauce
1 1/2 tsp. salt
3/4 tsp. pepper
2 lbs. lean ground beef
1 1/2 ripe, Fresh California Avocados*
As needed Lettuce leaves as needed
2 onions, sliced
2 tomatoes, sliced
6 sesame seed burger buns

INSTRUCTIONS

Combine Worcestershire, salt and pepper and ground beef.
Shape into patties. Refrigerate at least 30 minutes.
Broil, grill or pan fry to desired doneness.

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INSTRUCTIONS

Combine Worcestershire, salt and pepper and ground beef.
Shape into patties. Refrigerate at least 30 minutes.
Broil, grill or pan fry to desired doneness.
While burger patties are cooking, seed, peel and mash the avocado.
Serve each patty on bun with lettuce, sliced tomatoes and onion.
Top each burger patty with mashed ripe Fresh California Avocado.

Serving Suggestions:

Try using baby spinach or baby arugula in place of the lettuce

leaves for a
delicious difference. Seasonally available heirloom tomatoes
and sweet or red
onions give burgers a garden-fresh flavor and pair beautifully
with Fresh
California Avocados.

*Large avocados are recommended for this recipe. A large
avocado averages about
8 ounces. If using smaller or larger size avocados adjust the
quantity
accordingly.