



Celebrate California Avocado Month With A Summer Favorite Reimagined

(NAPS)—California summers are filled with warm nights, trips to the coast and an abundance of fresh, local produce, like delicious California avocados, which add dynamic flavor and texture to your favorite summer dishes. Currently in the peak of their season, California avocados are heart-healthy fruit that are naturally sodium-, cholesterol- and trans fat-free.

In honor of California Avocado Month in June, this year the California Avocado Commission has collaborated with Los Angeles-based Chef Edwin “E Dubble” Redway to develop California avocado-inspired recipes that celebrate the true joys of summer. With roots in Jamaican and Antiguan culture, Chef E Dubble incorporates sweet and spicy elements into his personal style of Cali-Caribbean cuisine, which comes through in his Smoked California Avocado Jerk Chicken Skewers recipe.

“During the summer months, there’s nothing I love more than cooking up a delicious meal made from fresh, local ingredients and enjoying it al fresco with close friends and family,” said Chef E Dubble. “California avocados are one of my favorite ingredients to cook with because they are locally-sourced, full of flavor and versatile. They add a cool, creamy texture and vibrant color to my Smoked California Avocado Jerk Chicken Skewers, making them the perfect dish for any summer occasion.”

To view more of Chef E Dubble’s recipes or learn about California avocados, visit CaliforniaAvocado.com.



Smoked California Avocado Jerk Chicken Skewers

- ¼ lb. red onion, peeled and cut into 1-in. wedges
- 2 ripe, Fresh California Avocados, seeded and peeled, cut into chunks
- 2 large red bell peppers, seeded and cut into 1-in. pieces

Additional ingredients:

- 1 bunch green onion, ends trimmed
- California Avocado Balsamic Sauce (instructions below)
- 8 skewers
- 2 cedar grilling planks

California Avocado Balsamic Sauce:

- ½ ripe, Fresh California Avocado, seeded and peeled
- ⅛ cup white balsamic vinegar
- 1 Tbsp. honey
- ¼ tsp. minced garlic
- 1½ tsp. Dijon mustard
- ¼ tsp. fine black pepper
- ¼ cup grapeseed oil

Instructions:

Marinade and Skewer Instructions:

1. Preheat oven to 400° F. Soak cedar grilling planks and skewers in water.
2. In a medium bowl, combine all dry ingredients and oil. Once combined, add minced scotch bonnet pepper, lemon juice, minced cilantro and onion to seasoning mixture. Mix until achieving a paste-like consistency.
3. Add diced chicken to marinade for 60 minutes.
4. While chicken is marinating, make the sauce.
5. After chicken has marinated, prepare the skewers—alternating on each skewer chicken, pineapple, onion, California Avocado and bell pepper.
6. Bake the skewers on the cedar planks in the oven for 20-30 minutes. The chicken should reach an internal temperature of 165° F.
7. Once complete, spoon sauce on a plate and place skewers on top. Garnish with green onions.

California Avocado Balsamic Sauce Instructions:

1. In a blender, combine all ingredients and blend until smooth.
2. Serve with Smoked California Avocado Jerk Chicken Skewers.

Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.

Smoked California Avocado Jerk Chicken Skewers

*Recipe created by Chef Edwin “E Dubble”
Redway for CAC*

Serves: 4

*Prep time: 100 minutes (including
60-minute marinade)*

Cook time: 20 minutes

Total time: 2 hours

Ingredients:

For the marinade:

- 1 tsp. ground nutmeg
- 1 Tbsp. ground allspice
- 1 Tbsp. ground cinnamon
- ¼ cup brown sugar
- 1 Tbsp. paprika
- 2 Tbsp. salt
- 1 tsp. black pepper
- 2 Tbsp. fresh thyme, picked off sprig
- ¼ cup olive oil
- ¼ cup minced garlic
- 1 Scotch Bonnet pepper, minced (habanero pepper can be used if Scotch Bonnet is not available)
- ¼ cup lemon juice
- 1 cup (packed) fresh cilantro, rough chopped
- ½ lb. red onion, minced

For the chicken skewers:

- 1 lb. boneless skinless chicken thighs, cut into 1-in. chunks
- ½ pineapple, peeled, cut into chunks