

Summer Recipes: Hamburgers and Hot Dogs with California Avocados

Did you know there are more than 100 grilling recipes on CaliforniaAvocado.com? Grilling season closely aligns with peak California avocado availability, making it an ideal time to give consumers fresh usage ideas for when they go shopping and are planning warm-weather meals. Summertime favorites like hamburgers and hot dogs are among these popular recipes, and two are showcased below.

The California Avocado Commission develops and shares recipes to inspire shoppers to buy California avocados and use them more often. These recipes also support multiple marketing efforts beyond the website, including retail programs, public relations outreach, email newsletters and social media. 🥑

California Guacamole Dog

Serves: 8

Time: 15 minutes

Ingredients

- 8 traditional, turkey or vegan hot dogs
- 8 whole grain hot dog buns
- Zesty California Guacamole, as needed (see recipe below)

Instructions

1. Place hot dogs on a preheated grill, about 4 inches from a medium flame. Cook for about 6 to 10 minutes or until cooked through.
2. When hot dogs are about one minute away from being done, open buns and place them on the grill to warm.
3. Place cooked hot dogs in buns and top with Zesty California Guacamole.

Zesty California Guacamole Ingredients

- 1 Fresno chile (or red jalapeño)
- 4 ripe, Fresh California Avocados, quartered, seeded and peeled
- 1/2 cup minced red onion
- 1 Tbsp. lime juice
- 1/2 tsp. ground cumin
- 1/4 tsp. red chile flakes
- 1/2 tsp. salt, or to taste

Zesty California Guacamole Instructions

1. Remove stem from chile and discard. (For a milder guacamole, discard the seeds or keep them for a spicier guacamole.) Mince chile and place in a medium bowl.
2. Add remaining ingredients to the bowl and mash together, leaving some chunks of avocado. Season to taste and serve.



Hot dogs are an American tradition. Topped with Zesty California Guacamole they become a whole new taste sensation. If you prefer, use your own favorite California avocado guacamole recipe to savor on hot dogs, grilled bratwurst and other sausages.

Grilled Turkey Burgers with California Avocado and Caramelized Onions

Serves: 4

Time: 25 minutes

Ingredients

- 2 ripe, Fresh California Avocados, peeled, seeded and cut into 1/2-inch dice
- 5 Tbsp. extra virgin olive oil, divided
- 3 Tbsp. freshly squeezed lime juice
- 2 Tbsp. chopped fresh oregano
- Salt, to taste
- Freshly ground black pepper, to taste
- 2 Tbsp. unsalted butter
- 1 large red onion, diced
- As needed salt, to taste
- 1/4 cup white vinegar
- 1 Tbsp. cracked black pepper
- 1 lb. ground turkey (dark meat, if available)
- 2 Tbsp. extra virgin olive oil
- 4 brioche hamburger buns, split and grilled or toasted
- 4 slices sharp white cheddar cheese
- 1 Roma tomato, cored and cut into 1/4-inch dice



Included in the burger patties and the tasty topping, California avocados are the star of this turkey burger. The recipe, developed by renowned chefs and restaurateurs Mary Sue Milliken and Susan Feniger, also includes caramelized onions and is perfect for summer entertaining.

Instructions

1. In a medium mixing bowl, combine avocados with 3 Tbsp. olive oil, lime juice, oregano, salt and pepper, to taste. Divide mixture, reserving half to add to the ground turkey and half to use as a topping on the cooked burgers.
2. Melt butter in a medium skillet over low heat. Cook onions with salt to taste, stirring and shaking pan frequently, until onions are golden brown, about 15 minutes. Pour in vinegar, turn heat up to high and reduce by half. Remove from heat and stir in cracked pepper. Cool to room temperature.
3. Add turkey, caramelized onions and olive oil to a large mixing bowl and combine thoroughly. Using hands, gently mix in half the avocados and form turkey mixture into 4 burger patties.
4. Preheat grill, broiler or sauté pan over medium-high heat. Season turkey burger patties with salt and cook until lightly browned on bottom, about 3 to 4 minutes. Turn burgers and top with cheese slices. Continue cooking until turkey is just cooked through and cheese is melted.
5. Arrange buns, grilled or toasted side up, on plates. Place burgers on bottom halves of buns. Stir tomato into second half of reserved avocados and spoon mixture onto top halves of buns. Serve immediately.

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**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.*

California avocado growers: your recipes and usage tips are needed for use in Commission programs! Please call 949.341.1955 or advise one of the CAC staff if you have a California avocado recipe to share.