



California Avocado Superfood Bowls

Makes 8 servings

Ingredients:

4 ripe California Avocados, seeded and peeled, divided
2 Tbsp fresh lemon juice
1/8 tsp sea salt
1/4 cup white and black sesame seeds
4 cups brown rice, cooked
2 Tbsp extra virgin olive oil
2 lbs fresh spinach leaves
8 (4 oz) salmon fillets
2 tsp red chili sauce, optional
1 cup blueberries
1 cup raspberries
1/2 cup slivered green onions
1/2 cup Thai sweet chili sauce

Instructions:

In a small bowl, mash two California Avocados. Add lemon juice and salt, mixing to make a smooth avocado sauce. With a pastry brush or spatula, spread the avocado sauce around the top 1 inch of each bowl. Sprinkle sesame seeds onto the sauce.

Slice remaining two California Avocados. Set aside. Cook rice according to package directions and keep warm. Set aside 2 tsp olive oil to cook the fish and use the remaining 4 tsp to cook the spinach. Heat 2 tsp oil for the spinach in a skillet over high. Add half the spinach, a little at a time, stirring constantly until cooked. Place spinach in a bowl and keep warm. Repeat with remaining spinach and 2 tsp oil. Wipe out skillet with a paper towel. Reduce heat to medium. Add reserved 2 tsp oil. Add the salmon fillets. Cook for 4 minutes per side, or until internal temperature reaches 145 F.

To assemble Superfood Bowls, drain spinach, stir in chili sauce if using and divide among prepared bowls. Place cooked rice next to the spinach. Arrange salmon, avocado slices, berries and green onions on top of spinach and rice. Drizzle Thai sweet chili sauce over each bowl. Serve immediately.

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