

Quick & Easy

THE COSTCO WAY

Avocado Rice with Cilantro and Lime

Makes 4 to 6 servings

Ingredients:

2 Tbsp olive oil

1/3 cup white onion, chopped

Pinch of salt, plus more to taste

1 cup short grain brown rice

1 3/4 cups water

1 1/2 medium ripe Avocado from Chile, pitted, peeled and diced

2 to 3 limes, juiced

1 Tbsp cilantro, chopped

Instructions:

In a medium pan, heat olive oil. Over medium, saute onion. Add a generous pinch of salt. When onion becomes soft and translucent, add rice and water. Bring to a boil. Reduce heat to low. Simmer, covered, until rice is tender. Cool for 5 to 10 minutes. Place in a serving bowl. In a medium bowl, gently combine avocado, lime juice and salt. Add avocado mixture to warm rice. Add more salt and lime juice to taste. Stir in cilantro.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**



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THE COSTCO WAY

Cocoa Avocado Energy Bars

Makes 16 servings

Ingredients:

Vegetable oil

1 cup dates, pitted and finely chopped

¼ cup unsweetened cocoa powder

1 cup almonds, slivered and toasted

1 Avocado from Chile, pitted and peeled

½ cup coconut, shredded

¼ cup chia seeds

2 Tbsp honey

½ cup raw shelled sunflower seeds

Instructions:

Brush an 8 x 8-inch baking dish with vegetable oil. Line with parchment paper, leaving a 3-inch overhang. Lightly brush the paper with vegetable oil. In a food processor, combine dates and cocoa powder. Process until mixture is finely chopped and sticky. Add almonds. Process until mixture is well-mixed. Add avocado, coconut, chia seeds and honey. Pulse until mixture is well-combined. Add sunflower seeds. Pulse a few times to incorporate. Press mixture into prepared baking dish. Refrigerate at least 2 hours, or until firm and chilled. Store in the refrigerator.

Tip: Wrap cut bars in parchment paper and tie with twine.

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