

# gastropost

FOOD MISSIONS FOR FOOD LOVERS



## YOUR MISSION COMPLETED: GO GO AVOCADO

Last week, we asked you to share how avocados end up on your plate. You showed your fellow Gastroposters an impressive and colourful variety of ways to prepare them. Visit [gastropost.com](http://gastropost.com) for more contributions, plus many recipes. On these pages, **Twitter handles are in blue** and **Instagram in brown**.



**Esther Lee**  
@thiswildheart  
Avocado, free run egg, chili peppers and the morning sun




**Stacey Burgess**  
@liveonchocolate  
Yummy chocolate avocado truffle cake




**Susan Willemssen**  
@thesirengroup  
Guacamole's BFF, Neal Brother's salsa




**Melanie Hillier**  
@MelanieHillier  
Almost too pretty to eat




**Linda Matarasso**  
@Integrity-Films  
I made some quick guacamole




**Melissa Paolicelli**  
@melissaquatro  
The beginnings of a crowd-pleasing guacamole




**Phaedra Kennedy**  
@redrunningshoe  
Avocado makes turkey burger taste better




**Lindsay Zier-Vogel**  
@lindsayzv  
Alligator (pear) pie




**Vanessa Le Page**  
@vanessalepage  
Cake artist  
Avocado with smoked oysters and Catalina dressing




**Dan Collett**  
@dancollett  
Avocado on toast, a lunch staple




**Libby Roach**  
@libbyroach1  
Lamb burger with avocado and brie




**Amy Taylor**  
@greeneyesgeisha  
Avocado 'cheesecake' with no cheese




**Becca Moss**  
@beccawillow  
Breakfast avocado eggs




**Sara Serebro Verk**  
@saraserebroverk  
Enjoys reading cookbooks  
You can substitute avocado for mayonnaise, as in this lemon avocado cake.



**Lisa Turner**  
@lisaturner22  
Flavours of India and Mexico mingle in this refreshing creamy avocado salad served in the shells over greens splashed with fresh lime juice.



**C. Reay Hutchinson**  
@wellnesstudio  
This sandwich (now gone) features charred Mexican organic avocado, Canadian wild-caught smoked salmon and sun-dried tomatoes.



**Lauren Simmons**  
@laurendorphin  
Avocado pudding




**Jeff Walker**  
@jefwalker  
Shrimp and avocado canapé with fresh corn salad on top




**Mardi Michels**  
@eatlivetravwrite  
French teacher and the author of the blog eatlivetravelwrite.com



As I was in New York last week, I couldn't think of a better way to complete the mission than to head to Brooklyn Taco for a "guaco-taco" in the Essex Market.



**Melissa Agostino**  
@salitabacchi  
Lunch




**Thomas MacDonald**  
@pimpsandgardenhoes  
Sirloin sliders with avocado and cucumber




**Andrea Gladwin**  
@resultsorientedfitness  
Taco night! Another way to enjoy avocado




**Olivia Wu**  
@livwu  
Egg and avocado on toast and a kale salad




**Maddy Slatt**  
@maddyslatt  
Holy guacamole




**Erin Ireland**  
@erinireland  
Costa Rican restaurant offers three ways to enjoy avocado!




**Maria Zychowicz**  
@artsymaria101  
I just made this avocado pound cake with raspberry recipe from Chatelaine magazine.




**Fiona Bramzell**  
@feester  
Baked avocado topped with cheese, breadcrumbs, cilantro and sun-dried tomatoes! Hot avocado rocks!




**Lindsay Rhee**  
@lindsayrhee  
Avocado is the best ingredient for breakfast, lunch and/or dinner.




**Stephanie Chin**  
@talkativesteph  
Flame-seared tuna sushi at Kingyo




**Valida Jafarov**  
@validaj  
Avocado is a must in my sushi




**Rebecca Murphy**  
@beccagetspucked  
Avocado egg salad, Thanks, Skinny Taste!




**Heather Bailey**  
@heatherbailey  
New Gastroposter  
Whole wheat pasta with avocado, ricotta and parmesan sauce




**Brenda Ha**  
@therealha  
Stuffed avocado




**Krysta McBurnie**  
@thenonbeliever  
Avocado sandwich with wasabi dressing




**Oliver J. Bernabe**  
@remix3d  
Salad with avocado, strawberries, blueberries and broccoli




**Marie Erfurth Smed-Johnsen**  
@willasmor  
Salad with melon, avocado, fruit and cottage cheese



### OTHER GASTROPOSTERS WHO COMPLETED THIS MISSION

- Jude Mackay
- Rutha Astravas
- Carole Nelson Brown
- Don Chow
- Janet Malowany
- Kat Tancock
- Jennifer Bakos
- Carolyn Watson
- Jeff Hombrebueno
- Alejandra Velocci
- Karin Jorritsma
- Ronnilyn Pustil
- Christina Frondella
- Joelle vanOudenaren
- Dan Ramble
- Katsaire Zee
- Kim Davidson
- Lourdes Domingo
- Jordan Mills
- Pralad Rao
- Laura Downs
- Tanvi Swar
- Charman Christie
- Wasserman
- Danica Jimenez
- Mary-Beth Kellow
- Pamela MacNaughtan
- Kelly Brisson
- Jillian Lum
- Lisa Lagace
- Sarah Gilmore