

Don't Settle For Just Any Sandwich, Create A Delicious "California" Sandwich

(NAPSA)—California avocados are in season and that means it is the ideal time to enjoy a "California" sandwich. You've seen them on menus: the California Club, the California Grilled Cheese, the California Chicken Salad and more. What do they have in common? California avocados.

The California Avocado Commission is continuing its partnership with San Diego-based chef Trey Foshee of George's at the Cove to create a simple, yet mouth-watering sandwich made even better with California avocados.

As the executive chef of one of San Diego's favorite restaurants, Foshee specializes in California-casual cuisine and uses fresh flavors and local ingredients to create irresistible beachside meals.

"We always have a few sandwiches in rotation, and this time of year it's hard to stop myself from putting fresh California avocados in every single one! They add great texture, flavor and color to any dish, but to sandwiches, they bring something special," said Foshee. "The Chipotle, Lettuce, Tomato and California Avocado Sandwich is a vegetarian play on the classic B.L.A.T.—swapping bacon out for a savory spicy chipotle-avocado spread that packs a ton of heat!"

The options are truly endless



This vegetarian spin on a B.L.A.T. gets amped up with chipotle spread and creamy California avocados.

for sandwiches with California avocados, whether used as a spread, slaw, dipping sauce, or even the main ingredient. Compared to other popular sandwich spreads, dips and toppings, a 1-oz. serving of fresh avocados contains no cholesterol or sodium while providing "good" fats, 0.5g Poly and 3g Mono and 2g of fiber.

Chipotle, Lettuce, Tomato and California Avocado Sandwich

Serves: 4

Ingredients:

- ¼ cup plain low-fat yogurt**
- 2 chipotles in adobo**
- 8 slices whole grain bread**
- 1 head butter lettuce**
- 2 medium tomatoes, sliced**

- 2 ripe, fresh California avocados, seeded, peeled and sliced**
- Salt, to taste**

Instructions:

- 1. In a blender, combine the yogurt and chipotles; blend until smooth.**
- 2. Toast the bread and spread a thin layer of chipotle yogurt on each slice.**
- 3. Layer half of the bread with lettuce, tomato and avocado slices and salt to taste.**
- 4. Top with remaining slices of bread and serve.**

Chef's note: For a milder version, only use one chipotle.

For more California avocado sandwich ideas, visit www.CaliforniaAvocado.com/Sandwiches-Burgers-and-Wraps.