

Wake Up Your Breakfast With California Avocados

(NAPSA)—They say that breakfast is the most important meal of the day. What better way to start your morning off than with a delicious dish featuring fresh California avocados?

With nearly 20 vitamins and minerals, avocados provide beneficial “good fats” to help you perform your best at work, school or wherever you may go. Plus, they add a velvety texture and unbeatable flavor to any breakfast—whether it’s on-the-go or a casual get-together with friends.

Los Angeles–based chef Neal Fraser of BLD®, Fritzi Dog®, Redbird and The Strand House® has partnered with the California Avocado Commission to share one of his favorite California avocado breakfast recipes.

“I enjoy cooking with California avocados, as they bring a great mild flavor to any dish,” said Fraser. “So, it’s just natural for me to add it to my favorite meal of the day—breakfast.”

For a quick breakfast that will keep you going all morning, Fraser recommends spreading creamy avocados on whole grain toast, adding it to your favorite smoothie or folding chunks of avocados into freshly scrambled eggs.

If you have a more relaxed breakfast planned, try Fraser’s Chilaquiles de California Avocado recipe. For even more inspiration and other California avocado breakfast recipes, visit CaliforniaAvocado.com/avocados-for-breakfast.

Chilaquiles de California Avocado

Serves: 4

*Prep Time: 20 minutes
Cooking Time: 20 minutes
Total Time: 40 minutes*



Chilaquiles with California avocado and chicken breast is a delicious way to start the day.

Ingredients

- 8 (6-inch) fresh corn tortillas, quartered
- Oil, for frying
- Kosher salt, to taste
- ½ cup diced Spanish chorizo
- 1 cup prepared mole sauce
- ¼ cup water
- 1 cup rotisserie chicken, skinned and shredded
- 2 eggs, beaten
- 2 ripe Fresh California Avocados, peeled, seeded and diced
- ¼ cup Cotija cheese or shredded Monterey Jack/cheddar blend
- 1 bunch scallions, thinly sliced
- 1 Tbsp. white roasted sesame seeds
- 1 bunch cilantro, roughly chopped
- 1 cup pico de gallo salsa, whatever is prettiest

Instructions

1. Fry the tortillas in 350° F oil till crispy. Season with salt and dry on a paper towel.

2. In a large sauté pan, add a small amount of oil and bring up to medium heat. Add the chorizo and sauté till browned. Pour in the mole sauce and water, stirring until the sauce has coated the chorizo.

3. Add the chicken and chips to the sauté pan and cook till the sauce is soaked into the chips.

4. In a separate pan, scramble the eggs over low heat until cooked through.

5. Transfer the chip mixture to a bowl, add in most of the avocado and toss gently to incorporate. Divide mixture evenly among plates and top with scrambled egg, cheese, scallions, sesame seeds, cilantro, pico de gallo and reserved avocado.

Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.