

Fun *Food* **Ideas**

Guacamole: Easy to Enjoy Any Time



At party or snack time, gather around the guacamole bowl.

(NAPSA)—Making guacamole is easier than most people think. Just mash ripe Mexican avocados, add a few tasty ingredients, and you have a super snack or party food to scoop up with tortilla chips or cut-up vegetables. But why stop there? The same zesty dip can add sunny Mexican flavor to other everyday foods.

Spread guacamole on a burger or sandwich. Top a bowl of chili or soup with a spoonful. Make a quick salad by spooning guacamole into a lettuce leaf “cup.” Or, spritz grilled chicken or fish with lime juice and garnish with guacamole.

Mexican Hass avocados—the black, pebbly-skinned kind—have the luscious flavor that’s needed for guacamole. When an avocado yields to gentle pressure, it’s ready for mashing.

CLASSIC MEXICAN-STYLE GUACAMOLE

- 1 fully ripened Mexican avocado, halved, pitted and peeled**
- 1 plum tomato, seeded and chopped (about ½ cup)**
- 1 tablespoon minced onion**
- 1 teaspoon minced jalapeño pepper**
- ¼ teaspoon salt**

In a small bowl, mash avocado with a fork or potato masher until it’s still slightly chunky. Stir in tomato, onion, jalapeño and salt. If desired, add 1 tablespoon each chopped cilantro and lime juice, or ½ teaspoon minced garlic.

YIELD: about ¾ cup

SPEEDY GUACAMOLE

- 1 fully ripened Mexican avocado, halved, pitted and peeled**
- ¼ cup prepared salsa**
- 1 tablespoon lime juice**

In a small bowl, mash avocado with a fork or potato masher until it’s still slightly chunky. Stir in salsa and lime juice. If desired, add 2 tablespoons bacon bits or ¼ cup chopped black olives.

YIELD: about 1 cup

For more recipes and serving ideas, send a stamped, self-addressed, business-sized envelope to: Mexican Avocado Recipes, Lewis & Neale, 49 East 21st Street, New York, NY 10010.