

International Cooking

Mexican Brunch Menu Brings Back Summer Tastes

(NAPSA)—Summer may be over, but why not sample a taste of warm weather by hosting a Mexican brunch for family or friends. Make the fiesta authentic with a genuine Mexican egg recipe and some fresh Mexican vegetables.

Crisp green beans, firm summer squash and crunchy cucumbers traditionally have been summer vegetables, but thanks to high-quality imports from Mexico, they're now widely available throughout fall and winter.

Mexico exported 55 million pounds of fresh green beans in 2002. These bright favorites are low in calories, fat and sodium and high in fiber, vitamins A and C and potassium. So, try them in *Huevos con Ejotes y Chorizo*, a one-dish meal with scrambled eggs and spicy Mexican or Spanish sausage called chorizo.

The recipe may use either common green beans, or Chinese long beans (also known as yard-long beans or snake beans) of which Mexico is also a leading producer.

As for squash, Mexico supplies more of it to the U.S. than any other country does. So, why not serve the *huevos* dish with a side of summer squash. Slice it into coins, sauté it in a touch of olive oil and sprinkle it with fresh cilantro.

To cap off the brunch, try a plate of tropical fruit such as melon or papaya. Include some refreshing slices or sticks of fresh cucumber, which complements these fruits surprisingly well. And cucumber is another big Mexican export—during the 2001-2002 season, our neighbor to the south sent up more than 470 million pounds.



***Huevos con Ejotes y Chorizo* is a one-dish meal with scrambled eggs and spicy sausage.**

Huevos con Ejotes y Chorizo

- 1/4 pound fresh green beans or Chinese long beans, sliced on the diagonal into 1-inch lengths**
- 2 teaspoons vegetable oil**
- 2 tablespoons minced onion**
- 1/4 pound chorizo links, cut into 1/2-inch slices**
- 1/8 teaspoon salt**
- 4 large eggs, beaten**

Place a steamer insert into a medium pot, and fill with 3 cups water. Place the green beans in the steamer insert, cover, and turn heat to high. Cook until green beans are tender but still bright.

Heat oil in a medium skillet. Cook onion over medium heat until soft, 3 to 4 minutes. Add chorizo and cook until brown throughout. Drain all but 1 tablespoon of oil from skillet. Stir in green beans and salt. Turn heat to medium-low and add eggs. Cook and stir 4 to 5 minutes or until scrambled. Serves 4.