

# Simply Delicious

## Avocado Jazzes Up Plain Jane Dinners

(NAPSA)—It's a snap to make an ordinary quick dinner extraordinary. The trick? Give old standards a flavor boost with ingredients like luscious avocados from Mexico, a handful of chopped cilantro and a zippy dressing. With a lovely golden green color and velvety-smooth texture, nutrient-dense avocados brighten the look of any dish while adding divine taste.

For example, toss cubes of buttery avocado from Mexico with already-cooked chicken and bottled salad dressing and serve over a rice and black bean salad with lettuce and tomato—it's delicious, satisfying and no work!

Other ways to easily and quickly transform a plain Jane dish into something special: Wrap scrambled eggs, shredded Cheddar cheese and slices of avocado in flour tortillas and serve with bottled salsa; scatter a mix of avocado cubes, sliced scallions and black olives tossed with hot sauce over plain cheese pizza or top a burger with a slice of pepper Jack cheese, dollop of BBQ sauce and slices of avocado from Mexico.

### CHICKEN AND AVOCADOS OVER RICE SALAD

- 3 cups cooked rice**
- 1 can (19-ounce) black beans, drained and rinsed**
- 1 cup chopped fresh tomato**
- 1 cup shredded lettuce**
- ¼ cup chopped cilantro**
- ½ cup prepared oil and vinegar salad dressing, divided**
- 2 cups shredded cooked chicken**



**Express dinner: Creamy sliced avocado from Mexico, bottled vinaigrette and cilantro transform cooked chicken and rice into a main dish salad that's destined to become a family favorite.**

- 2 fully ripened avocados from Mexico, halved, pitted, peeled and cut in 1-inch cubes**

**In a large bowl, combine rice, beans, tomato, lettuce, cilantro, and half of the salad dressing; toss. Spoon on a platter lined with lettuce, if desired. In the same bowl, combine chicken, avocados and remaining dressing. Spoon over rice salad.**

#### **YIELD: 6 portions**

For a free leaflet with more avocado recipes and serving ideas, either e-mail your request to: [info@mexicanavocados.com](mailto:info@mexicanavocados.com) or fax it to: 212-254-2452. Or send your request to: Mexican Avocado Leaflet, c/o Lewis & Neale Inc., Dept. N, 35 East 21st Street, New York, NY 10010.