

# Entertaining Ideas

## Football Fans Score With Easy Avocado Recipes

(NAPSA)—The menu for an afternoon of fanatic football viewing should be a snap, whether going solo in an easy chair or hosting the entire fan club. The successful culinary game plan will include a combination of favorite snacks and nutritious ingredients that ensures that most of the gaining is done on the field and not the waistline.

Just as important, easy-to-fix recipes leave the hard work to the coaches. Hass avocados, for instance, cover that favorite guacamole but offer a whole wide world of new tastes that can make game day more exciting.

Avocados are sodium- and cholesterol-free and have only five grams of fat per serving, most of it the good-for-you monounsaturated kind. For speed of preparation before kick-off, Sizzlin' Southwest Guacamole gets the game off to a good start.

If that spouse or significant other isn't quite the rabid football-watching fan you are, guide him to the kitchen to whip up an avocado shrimp cocktail, a Hass avocado black bean and pineapple salad or turkey and avocado sandwich wedges.

These and other gridiron favorites can be found at [www.avocadocentral.com](http://www.avocadocentral.com).



**Sizzlin' Southwest Guacamole is easy to make and fun for fans at any tailgate or game day party.**

### Sizzlin' Southwest Guacamole

**6 ripe fresh Hass Avocados, peeled, seeded, cut in chunks**

**Juice of two fresh limes**

**½ cup chopped cilantro leaves**

**1 cup corn kernels**

**1 red bell pepper, cored, seeded, diced**

**1 small red onion, diced**

**1 cup grated Jalapeno-Jack cheese**

**1 tsp hot sauce or to taste**

**1 tsp salt or to taste**

**Mash avocado chunks with lime juice in large bowl. Add cilantro, corn, bell pepper, onion, cheese, hot sauce and salt. Combine well. Taste and adjust seasonings with more salt and hot sauce if desired. Serve with tortilla chips for dipping.**

**Makes 10-12 servings.**