

Healthful Eating

New Power Breakfast: It's A Wrap

(NAPSA)—For jump-starting the day, nothing beats a well-rounded breakfast to rev you up, mentally and physically. An empty-calorie, sugary breakfast cereal just won't do the trick—there's sure to be an energy crash halfway through the morning. For bonus points, a good breakfast helps curb prelunch cravings that can wreck any diet.

The right food combination makes all the difference; far better to spend a few minutes preparing a delicious, nutrient-packed wrap filled with scrambled eggs, avocado, ham and cheddar.

A hearty breakfast that includes avocados not only fuels morning activities but supplies valuable fiber, cholesterol-lowering "good fats" and nearly 20 vitamins and minerals. Grown in Mexico for centuries and perfected over generations, avocados from Mexico are in season now and deliver unbeatable, rich-tasting flavor that makes good food better.

An appetizing breakfast wrap is an ideal handheld item that allows for multitasking in a typical busy morning schedule either at home or on the road. Make the full recipe for everyone in the house...or downsize it just for yourself.

With a great option like this, there's no need to hit the snooze button!

For more avocado recipes and nutrition information, visit www.avocadosfrommexico.com.

AVOCADO, EGG AND HAM BREAKFAST WRAP

- 6 large eggs
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper



Nutrient-rich avocados, eggs and ham all wrapped to go can fit into your busy morning schedule.

- 1 tablespoon butter
- 4 (8-inch) flour tortillas, warmed*
- 4 slices ham (about 4 ounces)
- 4 slices sharp cheddar cheese (about 4 ounces)
- 1 fully ripened avocado from Mexico, halved, pitted, peeled and sliced
- ¼ cup salsa

In bowl, beat eggs with salt and pepper. In large skillet over medium heat, melt butter; add eggs; cook and stir until set. On each tortilla, place one slice each of ham and cheese; top with eggs, avocado slices and salsa, dividing evenly. Roll up and serve immediately.

YIELD: 4 portions

*To warm tortillas: Place on plate; cover with dampened paper towel. Microwave on high until warm, about 1 minute. Discard paper towel; wrap tortillas in napkin to keep warm.

Per serving: 542 calories, 27g protein, 34g carbohydrates, 33g fat, 4g fiber