

# Fresh Seasonal Ingredients Inspire Brunch Dishes

(NAPSA)—When you are looking for a quick, easy and delicious dish to bring to a get-together, focus on incorporating fresh, seasonal ingredients that are available in the market. It's a great way to maximize the flavors in your meal without a lot of prep work.

The season's bounty includes California-grown avocados, which are at peak availability now through September. This versatile and delicious fruit is a terrific ingredient for brunch menus because avocados can be incorporated into both savory and sweet dishes. Widely known for their creamy, delicate flavor, avocados also contribute "good fats" and nearly 20 vitamins, minerals and phytonutrients to one's diet.

Renowned chefs and restaurateurs Mary Sue Milliken and Susan Feniger, of the acclaimed Border Grill in Santa Monica, Calif. and Las Vegas and Ciudad in Los Angeles, as well as the Border Grill Truck, have such an affinity for California avocados that they have teamed up with the California Avocado Commission to create an exclusive recipe that features the delicious fruit.

Milliken and Feniger developed an easy frittata recipe that pairs California avocados with spicy piquillo peppers and fresh eggs—a dish that is ideal for breakfast, brunch or even a light lunch.

To view or download a video of the chefs demonstrating this recipe, visit [CaliforniaAvocado.com](http://CaliforniaAvocado.com).

## California Avocado Piquillo Pepper Frittata

*Serves: 4*

*Prep Time: 40 minutes, including marinating time;  
Cooking Time: 15 minutes;  
Total Time: 55 minutes*



**A simple and delicious frittata made with California avocados makes an ideal dish for any meal.**

### Ingredients:

- 1 ripe, fresh California avocado, seeded, peeled and cut into ½-inch dice
- ½ cup jarred roasted piquillo peppers, cut into ¼-inch strips
- 1 clove garlic, minced
- 1 Tbsp. extra virgin olive oil
- 2 tsp. sherry vinegar
- Salt, to taste
- Freshly ground black pepper, to taste
- 8 eggs
- ½ cup grated Spanish manchego cheese
- 2 Tbsp. chopped Italian parsley
- 2 Tbsp. extra virgin olive oil, for cooking

### Instructions:

1. In a small mixing bowl, toss together avocado, peppers, garlic, oil, vinegar, salt and pepper. Let marinate 30 minutes.

2. Preheat the oven to 400°F.

3. In a separate bowl, whisk together eggs, cheese and parsley until frothy. Season with salt and pepper, to taste. Stir in the avocado mixture.

4. Heat oil in a 10-inch, non-stick, ovenproof skillet over medium-high heat. Add the egg mixture, reduce heat to medium and cook for 7 to 8 minutes, until the bottom is set and the top is still runny. Occasionally lift the outer edges so the uncooked egg can run underneath.

5. Place the skillet in the oven and cook until the eggs are set and golden brown, 6 to 7 minutes.

6. Remove the skillet from the oven and loosen the bottom of the frittata with a spatula. Place a serving plate over the skillet and invert the frittata onto it. Cut into wedges and serve hot or at room temperature.

**Tip:** Crumbled goat cheese may be substituted for Spanish manchego cheese.

**Nutrition Information Per Serving:** Calories 300; Total Fat 23 g (Sat 6 g, Trans 0 g, Poly 1.1 g, Mono 6.9 g); Cholesterol 440 mg; Sodium 370 mg; Total Carbohydrates 8 g; Dietary Fiber 3 g; Protein 16 g

- Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.

For other recipes that feature fresh California avocados, including additional original recipes developed by chefs Milliken and Feniger, visit the California Avocado Commission Web site at [CaliforniaAvocado.com](http://CaliforniaAvocado.com).