

# Kick Off Game Day With Grilled Avocados

(NAPSA)—Whether enjoying the game in front of the TV or at the stadium, food is always a big part of game day gatherings.

Tyler Florence, chef, cook book author and host of Food Network's "Tyler's Ultimate," is known for developing ultimate versions of traditional dishes. For quick and delicious game day offerings, he recommends incorporating Hass avocados into the menu.

"Hass avocados are my go-to ingredient for game day dishes," says Florence. "They add a great flavor and creamy texture to everything I make—without a lot of work."

Hass avocados can add a new dimension of flavor to freshly grilled meats, top off fresh salads and sandwiches or serve as the star ingredient in guacamole. In addition to delectable flavor, Hass avocados also contribute good fats to one's diet, along with nearly 20 vitamins, minerals and phytonutrients.

To help fans plan their own "ultimate" game day menu, Florence shares this unique grilling recipe:

## Chili Grilled Hass Avocados With Toasted Jalapeño Breadcrumbs

*Serves: 8*

**4 ripe, fresh Hass avocados, cut in half and seeded**  
**Tyler's Ultimate Chili (recipe follows)**  
**Toasted Jalapeño Breadcrumbs (recipe follows)**

1. Fill the avocados with a  $\frac{1}{4}$  cup of hot chili, and place on the grill. Cook for 5 minutes, or until the avocados start to feel soft. Carefully remove avocados from the grill, transfer to a platter, and garnish with the Toasted Jalapeño Breadcrumbs.



**Avocados are chef Tyler Florence's go-to ingredient for game day dishes.**

## Tyler's Ultimate Chili

- 1 ancho chile, seeded and hand-torn into pieces
- 1 lb. beef shoulder, cut into large cubes
- Sea salt and freshly ground black pepper, to taste
- 1 onion, diced
- 3 garlic cloves, peeled and halved
- 1 canned chipotle pepper in adobo, chopped
- $\frac{1}{2}$  jalapeño pepper, seeded and chopped
- $\frac{3}{4}$  Tbsp. chili powder
- $\frac{3}{4}$  Tbsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. sweet paprika
- 1 tsp. dried oregano
- $\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{4}$  tsp. sugar
- 1 (14.5-oz.) can whole tomatoes
- $\frac{3}{4}$  Tbsp. tomato paste
- 1 (15.5-oz.) can kidney beans, drained
- 2 Tbsp. cornmeal
- 1 tsp. grated unsweetened chocolate

1. Preheat a grill to medium heat.

2. Toast the ancho chile pieces over low heat in a dry skillet until fragrant, shaking the pan, so they don't scorch. Put the chiles in a mini food processor and pulse to a powder.

3. Season the beef with salt

and pepper and place in a large soup pot. Add enough water to cover the beef by 1 inch, and place over medium heat. Bring to a boil and skim off any foam that rises to the surface. Mix in the onion, garlic, chipotle and jalapeño. Stir in the chili powder, coriander, cumin, paprika, oregano, cinnamon, sugar, and powdered ancho chiles.

4. Pour the entire can of tomatoes with their liquid into a bowl and hand-crush until chunky; add it to the pot along with the tomato paste. Simmer until the meat is fork-tender and comes apart with no resistance, about 2 hours. As it cooks down, add more water, if necessary. When done, take a wooden spoon and beat the chili vigorously, so the meat comes apart in shreds.

5. Stir the beans and cornmeal into meat mixture. Season with salt and pepper and simmer for 1 hour, stirring occasionally. Cover the pot only partially, to allow the steam to escape. In the last 5 minutes of cooking, stir in the grated chocolate.

## Toasted Jalapeño Breadcrumbs

- 1 cup panko breadcrumbs
- 1 tsp. diced jalapeño pepper
- $\frac{3}{4}$  Tbsp. extra virgin olive oil
- 1 lime, juiced
- $\frac{1}{4}$  cup chopped cilantro

1. Place a large skillet over medium heat and add the breadcrumbs, jalapeño, olive oil and lime juice. Toast the breadcrumbs, mixing every 20 seconds to prevent burning, until golden brown, about 12–15 minutes. Remove from heat and mix in chopped cilantro.

For more game day recipes, visit [Sports.AvocadoCentral.com](http://Sports.AvocadoCentral.com).