

Avocados Give Pasta Dishes A Delightfully Unexpected Twist

(NAPSA)—Here's food for thought: California-grown avocados are widely acknowledged to be exceptionally creamy and delicious, but it is less well known that they offer more than delectable flavor. One-fifth of a medium avocado (about 1 oz.) has 50 calories and contributes nearly 20 beneficial nutrients to the diet. California avocados are currently in season at peak availability, so now is a perfect time to incorporate this remarkable fruit into your diet.

Renowned chefs and restaurateurs Mary Sue Milliken and Susan Feniger, known together as the "Too Hot Tamales," are so passionate about California avocados that they have teamed up with the California Avocado Commission to create signature recipes inspired by the luscious fruit. "Avocados are big in Latin cooking but their adaptability and rich, nutty flavor takes them beyond just the Latin kitchen," said chef Milliken. "They are the perfect complement to dozens of hot and cold dishes, including soups, sandwiches and salads, and even pastas."

Milliken and Feniger's original recipe for Tequila-Spiked Fettuccine with Shrimp and California Avocado combines avocados with pasta for a delightfully unexpected pairing, which highlights the fruit's versatility.

Tequila-Spiked Fettuccine with Shrimp and California Avocado

Serves: 4

Prep Time: 15 minutes

Cooking Time: 30 minutes

Total Time: 45 minutes

Ingredients

4 large, ripe tomatoes, cored

½ lb. fettuccine

Salt, for pasta water



The creamy flavor of avocados adds a twist to a traditional pasta dish.

**2 Tbsp. extra virgin olive oil,
plus extra for pasta**

**1 lb. medium domestic
shrimp, peeled and
deveined**

**1 tsp. crushed red pepper
flakes**

1 tsp. salt

**½ tsp. freshly ground black
pepper**

2 tsp. minced garlic

**2 large, ripe tomatoes,
cored, seeded and cut into
½-inch dice**

¼ cup silver tequila

**2 ripe, fresh California avo-
cados, halved, seeded,
peeled and cut in ½-inch
dice**

**1 bunch basil, cut into thin
strips**

2 Tbsp. unsalted butter, cold
**Salt and freshly ground
black pepper, to taste**

Instructions

**1. Puree the whole tomatoes
in a blender until smooth,
adding a small amount of water,
if necessary. Reserve.**

**2. Fill a large stockpot with
water and bring to a boil. Add
the pasta and salt to the pot.
Cook until al dente, about 8
minutes. Drain in a colander**

**and toss with a little olive oil to
prevent sticking.**

**3. Meanwhile, heat olive
oil in a large skillet over
medium-high heat. Add the
shrimp, crushed red pepper,
salt and pepper and sauté
the shrimp for 1 minute on
each side. Add the garlic and
sauté for an additional 30
seconds.**

**4. Remove skillet from heat
and add the diced tomatoes
and tequila. Return skillet to
heat and continue to sauté for
3 minutes, stirring constantly.
(Be careful as pan might
flame.)**

**5. Stir in half the diced avo-
cado and half the basil. Trans-
fer shrimp mixture to a platter
using a slotted spoon, leaving
liquid in the skillet.**

**6. Add the reserved tomato
puree to the skillet, bring to a
boil, lower heat and simmer
until the mixture is reduced by
about one-third. Add the but-
ter, stirring until it is melted.
Then, add the remaining diced
avocado and basil. Taste and
add salt and pepper as needed.
Toss finished sauce with
cooked pasta until thoroughly
combined.**

**7. To serve, divide pasta
mixture onto individual
entrée plates or into shal-
low pasta bowls. Top with
shrimp mixture and serve
immediately.**

Per serving: 513 calories;
26 grams fat (6 grams saturated,
14 mono, 3 poly); 181 mg chole-
sterol; 976 mg sodium; 48.5 grams
carbohydrate; 6 grams fiber;
28 grams protein.

For other recipes that feature
fresh California avocados, visit
CaliforniaAvocado.com.