

# Avocados Make The Grade

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*Produce for Better Health*

(NAPSA)—Parents looking for new lunch and snack ideas featuring fruits and vegetables will give high marks to Hass avocados.



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Packed with essential vitamins, minerals and plant compounds, avocados also are a good fiber source. They earn “extra credit” for providing monounsaturated fat that may

lower LDL-cholesterol levels when used to replace saturated fat in the diet.

There’s also a bit of a geography lesson with avocados. Because delicious Hass avocados from Chile are grown opposite the domestic growing season, consumers enjoy year-round availability.

The avocado’s slightly nutty, mild flavor makes it the perfect ingredient to blend with any variety of spices and ingredients. A great recipe that combines kids’ favorite ingredients in an easy-to-make, nutritious snack is Grilled Chicken Avo-Wheelies.

An avocado is ripe and at full flavor when its dark, pebbly skin yields to gentle pressure. To prepare, cut the avocado in half, remove the pit, scoop out the flesh, and slice, dice or mash and get creative. A fresh Hass avocado is great when added to sandwiches, tossed in salads, or blended in fruit smoothies.

## **Grilled Chicken Avo-Wheelies** *Recipe from the Chilean Avocado Importers Association*

- 1½ cups chopped grilled chicken**
- ½ cup corn kernels, rinsed and drained**



- ¼ cup finely chopped red onion**
- ½ cup prepared salsa**
- 4 flour tortillas**
- 1 medium fresh ripe Hass avocado, halved, pitted and peeled**
- ½ cup salsa for dipping**

**Combine chicken, corn, onion and salsa in a large bowl. Mash ¼ of avocado; spread a quarter of it on a tortilla. Spread one quarter of chicken mixture evenly over avocado spread. Carefully roll stuffed tortilla tightly. Place roll seam down on a cutting board. With a serrated knife, cut the roll into 6 even pieces. Fill and slice remaining tortillas. Serve with salsa for dipping. Slice the remaining avocado for an optional garnish. Makes 24 snack pieces.**

Nutritional Information per serving (2 pieces): calories: 148, total fat: 5g, saturated fat: 1g, monounsaturated fat: 3g, polyunsaturated fat: 1g, % calories from fat: 29%, % calories from saturated fat: 6%, protein: 4g, carbohydrates: 18g, cholesterol: 15mg, dietary fiber: 3g, sodium: 352mg.

For more information on how to enjoy the recommended 5 cups of fruits and vegetables needed each day visit [www.5aday.org](http://www.5aday.org).

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*Note to Editors:* Seventy-eighth in a series of monthly 5-A-Day columns. More stories at [www.napsnet.com](http://www.napsnet.com) and search: “Pivonka.”