

# Delightful Food Ideas

## Avocados: Special Ingredient To Make Leftovers New Again

(NAPSA)—The celebrations may be over, but the leftovers are a gift that keeps on giving—breakfasts, lunches, dinners, soups and late-night snacks. But just because you're going back for a third or fourth helping of those tasty morsels, that doesn't mean it has to be the same-old, same-old.

Leftovers from family get-togethers and holiday feasts alike can be revitalized simply by adding creamy, fresh Hass avocados to your dishes.

The delicate and delicious taste of Hass avocados is the perfect complement to hearty holiday leftovers. Beyond its flavor, this luscious fruit has many nutritional properties that can be part of a healthy diet. In fact, avocados contribute nearly 20 vitamins, minerals and phytonutrients. And due to their mono- and polyunsaturated fat content, avocados are a healthy substitution for foods rich in saturated fat.

### Lovin' leftovers

Here are a few suggestions for how to pair up avocados with your favorite leftovers:

- Create a delicious wrap with roasted meat and fresh veggies, topped off with mashed avocado as a spread.
- Add avocado slices to leftover green salads to give them a refreshing creamy flavor.
- Make your traditional leftover turkey sandwich spectacular this year by adding slices of fresh Hass avocado.
- If you're putting out a smorgasbord of leftovers, make a bowl of guacamole that can be mixed in with whatever people serve themselves.

One idea that will have people gobbling down leftover turkey is this



**Hass avocados add a creamy and delicious flavor to wake up your leftovers.**

original creation from Chef Chris Schlesinger of East Coast Grill in Cambridge, Mass.:

### Turkey and Black Bean Chili with Hass Avocado Salsa

*Serves 8*

#### Ingredients

- 3 Tbsp. olive oil
- 1 large red onion, finely diced
- 2 Tbsp. garlic, minced
- 3 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1 Tbsp. ground coriander
- 1 Tbsp. ground cayenne pepper
- 1½ lbs. roasted turkey, diced (or other leftover roasted meat such as beef, pork, lamb or chicken)
- 1 cup tomatoes, chopped
- 3 cups canned black beans, drained
- 3 cups chicken stock
- 1 tsp. sugar
- Kosher salt and freshly ground black pepper, to taste
- Hass Avocado Salsa (recipe follows)

#### Instructions

Heat olive oil in large soup pot over high heat, adding onions once oil is hot. Sauté onions for 9-11 minutes or until they appear clear. Add garlic, chili powder, cumin, coriander and cayenne pepper and sauté for 2 minutes. Add turkey, tomatoes, black beans, chicken stock and sugar to onions and spices and bring mixture to a simmer. Reduce heat to medium/low and simmer for 45 minutes. Season to taste with salt and pepper. Serve chili hot in soup bowls. Garnish each bowl with a generous serving of Hass Avocado Salsa.

### Hass Avocado Salsa

*(Garnishes 8 servings)*

#### Ingredients

- 2 ripe, fresh Hass avocados, peeled, seeded and diced
- ½ red onion, finely diced
- ¼ cup fresh lime juice
- ¼ cup fresh cilantro, chopped
- 6 to 8 dashes of hot pepper sauce (determined by the level of spiciness desired)
- Kosher salt and freshly ground black pepper, to taste

#### Instructions

Combine avocados, red onion, lime juice, cilantro and hot pepper sauce in mixing bowl and toss lightly. Season to taste with salt and pepper.

For additional recipes that feature fresh Hass avocados, visit the Hass Avocado Board's Web site at [www.avocadocentral.com](http://www.avocadocentral.com).