

Holiday Entertaining

Easy And Edible Holiday Centerpieces Start With Avocados

(NAPSA)—No worries about packing these holiday decorations away when the season's over—they're gone by the end of the party. The basis of the easy-to-do wreath and tree is Chilean Hass avocados, in season now because it's summer down in Chile, where they grow top-quality fruit (yes, the avocado is a fruit).

Avocados add great flavor and color to these centerpieces and also provide nearly 20 vitamins, minerals and phytonutrients (beneficial plant compounds). Avocados do have fat, but theirs is monounsaturated and polyunsaturated and thus a good replacement for saturated fat.

For another party, try the avocado spread, as in the Wreath recipe, to pipe on toasted pita quarters, baguette slices or crackers. Kids love to help with the mashing and the squeezing.

Easy Avocado Wreath

(Makes about 24 appetizer servings)

5 Chilean Hass avocados
½ cup lime or lemon juice
Salt and pepper to taste
Chopped sweet red pepper for garnish
Assorted crackers

Rinse avocados. Cut each avocado in half. Spoon out pits. Spoon out flesh into a large zip-top plastic bag. Add lime juice and salt. Squeeze to press air out. Seal bag. Mash bag with hands until avocados are smooth but still with a few



Holiday guests should be wreathed in smiles when they try this easy avocado dip wreath.

chunks. With scissors, snip just the corner off of one end of the bag. Pipe avocado mixture into wreath shape on large serving plate. Garnish with chopped red pepper. Serve with crackers.

Nutritional Information per serving—calories 53, fat 4.7g, saturated fat 0.5g, % calories from fat 71%, protein 1g, carbohydrates 3.3g, cholesterol 0mg, sodium 48.5mg, fiber 1g.

Avocado Holiday Tree

Makes 4 to 6 servings

2 large Chilean Hass avocados
2 tablespoons lemon juice
½ cup crumbled feta cheese
¾ diced orange or yellow sweet pepper
Grape or small cherry tomatoes



A holiday tree that's a treat can be easy to create with avocado slices and tiny tomatoes.

Pomegranate seeds

1 bag (5 ounces) mixed baby salad greens

Rinse avocados. Cut in half. Spoon out pits. Carefully remove peel. Cut each avocado half lengthwise into 4 to 5 slices. Sprinkle slices with lemon juice. On large plate or platter, arrange largest avocado slices to form the branches of the tree. Scatter with cheese, pepper dices, tomatoes and pomegranate seeds. In salad bowl, toss smaller slices with baby greens and a citrus-based vinaigrette.

Nutritional Information per serving—calories 326, fat 18.5g, saturated fat 3g, % calories from fat 51%, protein 4g, carbohydrates 14g, cholesterol 14mg, sodium 337mg, fiber 3g.