

Nutrition News And Notes

Hold The Mayo! Avocados Make A Better Spread

(NAPSA)—Before you spread another spoonful of mayo onto your sandwich...think again. You can add all the buttery flavor and the richness you want by going for an avocado instead. They are packed with nutrients and are superspreadable. Grown in their ancestral home where rain and sunshine enhance the nutrient-rich volcanic soil, Hass avocados from Mexico are the creamiest.

Healthier For Your Family

The authentic flavor of avocados from Mexico, available year-round, adds zing to your sandwiches and makes them healthier. Avocados have nearly 20 vitamins, minerals and phytonutrients, contain unsaturated fats—the good kind—and have no cholesterol. Mayonnaise has negligible nutrients and can have as much as 100 calories per tablespoon. You get half that—only 50 calories—in one-fifth of an avocado.

Pick the Perfect One

Perfect for spreading on your turkey club, scooping on top of your burger or layering onto your BLT, Mexican avocados are fresh, taking only four days from orchard to market. Avocados do not ripen until they are picked. As they get closer to the perfect ripeness, they become soft to the touch and the skin turns from green to almost black. To speed up the process, place them in a paper bag and leave them on your counter at room temperature.

Sandwiches are called “tortas” in Mexico; try this one. Visit www.avocadosfrommexico.com for more recipes.

AVOCADO AND BEEF TORTA

1 ripe Mexican Hass avocado

1 tablespoon lime juice



Spread something smart on your next sandwich: creamy avocado.

½ teaspoon salt, divided
pinch ground red pepper
½ teaspoon ground cumin
½ teaspoon chili powder
1 pound flank steak
12 to 14-inch Italian loaf
1 cup torn salad greens
1 ripe large tomato, thinly sliced

Preheat broiler. Cut avocado lengthwise around pit; twist halves to separate; strike pit with a knife blade and pull to remove; scoop out pulp with a spoon; place in a small bowl. Mash avocado with a fork; stir in lime juice, ¼ teaspoon of the salt and red pepper; set aside. In a cup, combine cumin, chili powder and remaining salt. Rub seasoning mix over both sides of steak; place on broiler rack. Broil 2 to 3 inches from heat, until cooked as desired (about 5 minutes on each side for medium). Remove to cutting board; let rest for 5 minutes; cut diagonally in thin slices. Cut bread horizontally almost through. Spread avocado on top half; layer greens, beef and tomato on bottom; close sandwich. Cut crosswise in 4 pieces. Serves 4.