

# HEALTHY EATING

## Mexican Avocados: Tasty And Good For You

(NAPSA)—In an effort to eat better, we frequently serve chicken breasts, one of those virtuous foods that end up on our dinner tables because they're convenient and good for us. The drawback—they can be predictable.

With a fuss-free salsa, made with avocados from Mexico—considered the best by chefs—and a bit of taco seasoning, bland chicken takes on festive flavors. No need to feel guilty about enjoying the creamy taste of fresh Mexican avocados because this luscious, nutrient-dense fruit, imported year-round, offers a wealth of nutritional benefits.

Avocados contribute significantly to our daily requirement for potassium, a mineral needed for normal functioning of the heart, muscles and nerves. Folate and vitamins B6 and C, also present in avocados, are other nutrients that keep our bodies humming along. It may surprise you to hear that creamy-smooth avocados contain fiber, but it's true. And two-thirds of the fat in avocados is monounsaturated, the heart-healthy kind that lowers LDL cholesterol.

### MEXICAN-SPICED CHICKEN WITH AVOCADO SALSA

- 4 skinless boneless chicken breast halves (cutlets), 6 to 8 ounces each**
- 2 teaspoons prepared taco seasoning (from a package or a jar)**
- 1 tablespoon vegetable oil**
- 1 fully ripened Mexican avocado, halved, pitted and peeled**
- 1 jar (16 ounces) salsa**



**Salsa with rich and silky Mexican avocados, paired with chicken, fits perfectly in a healthy lifestyle.**

**Sprinkle chicken on both sides with taco seasoning. In a large skillet, over medium-high heat, heat oil; add chicken. Reduce heat to low; sauté until well browned on both sides and cooked through, about 15 minutes. Meanwhile, cut avocado in small pieces. Remove chicken from skillet; slice and keep warm. Add salsa to skillet; cook over low heat until hot; stir in diced avocado. On 4 dinner plates, arrange chicken, fanning the slices; top with avocado salsa, dividing evenly. Garnish with avocado slices and cilantro sprigs, if desired.**

**YIELD: 4 portions**

**Nutrition information (per serving): 360 calories, 48 grams protein, 13 grams fat, 11 grams carbohydrate.**

**QUICK TIP:** On a busy day, substitute store-bought rotisserie chicken for the chicken breasts.

For additional recipes and health information on avocados, visit [www.avocadosfrommexico.com](http://www.avocadosfrommexico.com).