

Cooking Corner

Nutritious And Quick Meals Made Easy With Fresh California Avocados

(NAPSA)—In a fast-paced world, getting dinner on the table quickly can be difficult enough. Making sure that meal is a healthy one is a whole other challenge. One of the best things you can do when working toward a healthy diet is to put more produce on your plate, as fruits and vegetables provide you with essential vitamins, minerals, phytonutrients and fiber.

When preparing meals, make sure to take advantage of the many seasonal fruits and vegetables available at grocery stores. California avocados, which are in season from the spring to the fall, are a great ingredient to include in nutritious meals that you need to put together quickly. They add a delicious, creamy flavor to dishes, require very little prep work and contribute “good fats,” along with nearly 20 vitamins, minerals and phytonutrients to one’s diet.

Elizabeth Pivonka, Ph.D., R.D. and president and CEO of Produce for Better Health Foundation, the non-profit entity behind the Fruits & Veggies—More Matters® national public health initiative, offers this tip. “Many people think that healthy meals have to take a long time to prepare. However, if you plan ahead and stock your kitchen with produce, you’ll have healthy ingredients at your fingertips and you can put together a healthy and tasty meal in a flash.”

This simple recipe for California Avocado Garden Stir-Fry is a delicious way to help you increase your produce intake. It also meets the Produce for Better Health Foundation (PBH) Fruits & Veggies—More Matters® program recipe criteria.



You can stir up a delicious meal like this chicken and avocado dish in a lot less time than you may realize.

California Avocado Garden Stir-Fry

Serves: 4

Ingredients

- 1½ Tbsp. prepared low-sodium balsamic dressing**
- 2 tsp. crushed, dried tarragon leaves, divided**
- 1/2 lb. boneless skinless chicken breasts, cut into 1-inch pieces**
- 1 Tbsp. canola oil**
- 2 leeks, white part only, thinly sliced and made into rings**
- 3 cloves garlic, thinly sliced**
- 3 Japanese eggplants, sliced into 1/2-inch thick rounds**
- 1 (8-oz.) package crimini mushrooms, sliced**
- 1 red bell pepper, cut into 1/2-inch wide strips and halved**
- 1 orange bell pepper, cut into 1/2-inch wide strips and halved**
- 1/2 tsp. salt**
- 1/2 tsp. ground black pepper**
- 1/2 tsp. red pepper flakes**
- 1 cup broccoli florets**
- 1/4 lb. pea pods, ends trimmed**
- 2 Tbsp. honey**

- 2 ripe, fresh California avocados, peeled, seeded and cut into 1-inch cubes***
- 3 cups cooked brown rice**

Instructions

- 1. In a medium bowl, combine salad dressing and 1 tsp. tarragon. Add chicken, stirring to coat. Marinate for 10 minutes.**
- 2. Heat a 12-inch skillet with cover over high heat until hot. Add chicken and stir-fry until no longer pink inside. Remove chicken from pan and set aside.**
- 3. In the same skillet, heat oil until hot. Add leeks and garlic. Stir-fry for 2 minutes. Add eggplant, mushrooms and bell peppers. Season with salt, pepper, red pepper flakes and 1/2 tsp. tarragon. Stir-fry for 2 minutes. Cover and steam for 2 minutes.**
- 4. Stir in broccoli, pea pods, honey and remaining 1/2 tsp. tarragon. Cover and cook for 2 minutes.**
- 5. Stir in avocados and cooked chicken.**
- 6. Serve over brown rice.**

Nutrition Information Per Serving: Calories 600; Total Fat 22 g (Sat 2.5 g, Trans 0 g, Poly 4 g, Mono 11 g); Cholesterol 35 mg; Sodium 410 mg; Total Carbohydrates 83 g; Dietary Fiber 23 g; Protein 26 g

**Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.*

For other quick recipes that fit a healthy lifestyle, visit the California Avocado Commission Web site at CaliforniaAvocado.com.

To learn more about the Produce For Better Health Foundation, visit FruitsandVeggiesMoreMatters.org.