

Avocado
Has Flavor
All Its Own

By ELLY

The avocado or alligator pear is a native of Central and South America but our supply comes from the southern states. Our chief source is from the avocado orchards along the Rio Grande though they are cultivated from Florida to California.

For salads, dips or desserts, they add a flavor all their own.

To prevent discoloration always peel or mash with a stainless steel utensil and sprinkle with fresh lemon juice or a weak cider solution.

And don't discard the pit. It will produce a lush green foliage when rooted. Stick three toothpicks into the pit to suspend the top above water in a glass. When the roots appear, plant in soil and place in a sunny window. It will require frequent watering.

GUACAMOLE

- 1 large ripe avocado
- 2 t. fresh lemon juice
- 1 t. chili powder
- 1 garlic clove, crushed
- 2 T. mayonnaise

Salt

Peel the avocado and remove the seed. Mash the pulp until smooth and creamy.

Add lemon juice and mix well. Add chili powder, garlic and mayonnaise. Add salt to taste.

Serve with potato or corn chips.

STUFFED AVOCADO RINGS

- 1 avocado
- 1 small pkg. cream cheese
- 1 t. heavy cream
- 1 t. onion juice

Cut avocado in half crosswise to remove pit. Peel carefully. Blend cream cheese, cream and onion juice. Pack this mixture into the cavity of the avocado. Brush cut surfaces with lemon juice to prevent discoloration. Place two halves together and chill. When ready to serve slice in rings about 1/3-inch thick. These may be used as a garnish around a platter of cold meats or as a salad on a lettuce leaf and topped with French dressing.

CHICKEN-AVOCADO SALAD

- 2 c. finely chopped cold, cooked chicken
- 1/2 c. finely chopped celery
- Salt and pepper
- 1 T. fresh lemon juice
- Hot pepper sauce (just a dash)
- 1/2 c. mayonnaise
- 2 large ripe avocados
- 2 hard cooked eggs, sliced

Combine all ingredients except avocados and eggs. Have avocados and remove the pits. Scoop out the pulp and reserve the shells. Dice pulp and add to the chicken mixture. Fill shells with the mixture and top with egg slices. Serves four.

AVOCADO LIME PIE

- 1 large ripe avocado
- 1 can sweetened condensed milk (14 ounces)
- Grated rind of 1 lime
- 1/2 c. fresh lime juice
- 2 egg yolks
- Dash of salt
- 1 baked 9-inch pie shell
- Chopped nuts

Mash the avocado well. Combine the sweetened condensed milk, lime rind, lime juice, well beaten egg yolks and salt. Stir until the mixture thickens. Fold in the mashed avocado. Turn into the baked pastry shell and chill for several hours. Sprinkle with chopped nuts. Makes six servings.

LUNCHEON SALAD

- 1 large avocado
- 2 grapefruit
- 2 or 3 oranges
- Romaine lettuce
- Bling cherries

Chill fruit. Peel avocado then remove pit and cut into slices. Peel and divide oranges and grapefruit into sections. Arrange grapefruit sections and avocado slices alternately on a bed of lettuce.

Overlap two sections of orange at each side. Garnish with several black Bling cherries. Top with dressing made of sour cream and chopped Macadamia nuts. Serves five or six.



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