

California Avocado Salsa Omelet



Want to know the secrets for making a perfect omelet? Use eggs that are at room temperature. Beat them with a fork until fluffy. Add one tablespoon of milk or cream per egg. Season with salt and pepper. Use one teaspoon of butter for each egg and melt over low heat in skillet until it sizzles. Pour omelet mixture into skillet. Cook slowly, keeping heat low. As the underpart becomes set, start lifting the omelet ever so slightly with a spatula so that the uncooked part will flow underneath. Continue cooking till golden done. Just before folding, add the filling you desire and then serve on a warm platter.

One truly sumptuous omelet is the California Avocado Salsa Omelet. You'll be sure to get baskets full of compliments on this original recipe which is so simple to prepare.

Omelet

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|-----------------------------|----------------------|
| 6 eggs | 6 teaspoons butter |
| 6 tablespoons cream or milk | 1 California Avocado |
| 1/2 teaspoon salt | peeled and diced |
| dash pepper | |

Prepare omelet as directed above then arrange avocado chunks across center of omelet. Fold over sides and remove to warm platter.

Sauce

- | | |
|-------------------------|---------------------------|
| 4 slices bacon, chopped | 1/4 teaspoon salt |
| 1 small onion, diced | 1/8 teaspoon pepper |
| 2 large tomatoes, diced | 1/4 teaspoon chili powder |
| | 2 California avocados |

In medium skillet, cook bacon until almost done; pour off about 1/2 bacon grease. Add onions, tomatoes, salt, pepper, and chili powder. Simmer several minutes or until onion is soft. Remove from heat. Peel avocados while simmering (reserve slices for garnish); mash remaining avocados and add to sauce. Serve in pitcher or gravy boat so your guests can "pour it on". Four to five servings.

A few happy things about avocados: California avocados are available all year round. They must be used when fully ripe (to test for ripeness, cradle an avocado gently in your hand. Ripe fruit will yield and be soft to the touch). Ripening can be hurried by putting fruit in brown paper bag or wrapping them in foil. Or, they can ripen right in your fruit bowl, adding that extra bit of decoration. Avocados have 7 essential vitamins and 5 vital minerals. Only 132 calories in a half. And, avocados have no starch and minimal sugar.

Ephrata Youth Wins Award For Pa. Sales

Richard Groff, son of Mr. and Mrs. Clarence Groff, 1508 W. Main St., Ephrata, was recently awarded the \$100 cash prize for agricultural sales and service proficiency for Pennsylvania.

A 1974 June graduate of Ephrata High School, Richard started his supervised work experience program through placement at Galen's Hardware Store in Ephrata.



Richard was chapter delegate to the National FFA Convention held in Kansas City, Mo. He was a gold emblem winner in the state land judging contest and a member of the winning county team.

Richard has won numerous awards on the local and state level with his record books. He is presently employed at Stevens Feed Mill, Stevens.

Editor's Quote Book

A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves.

Henry Ward Beecher

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The March of Dimes frequently sponsors symposia for medical and general audiences about current findings in the field of birth defects.

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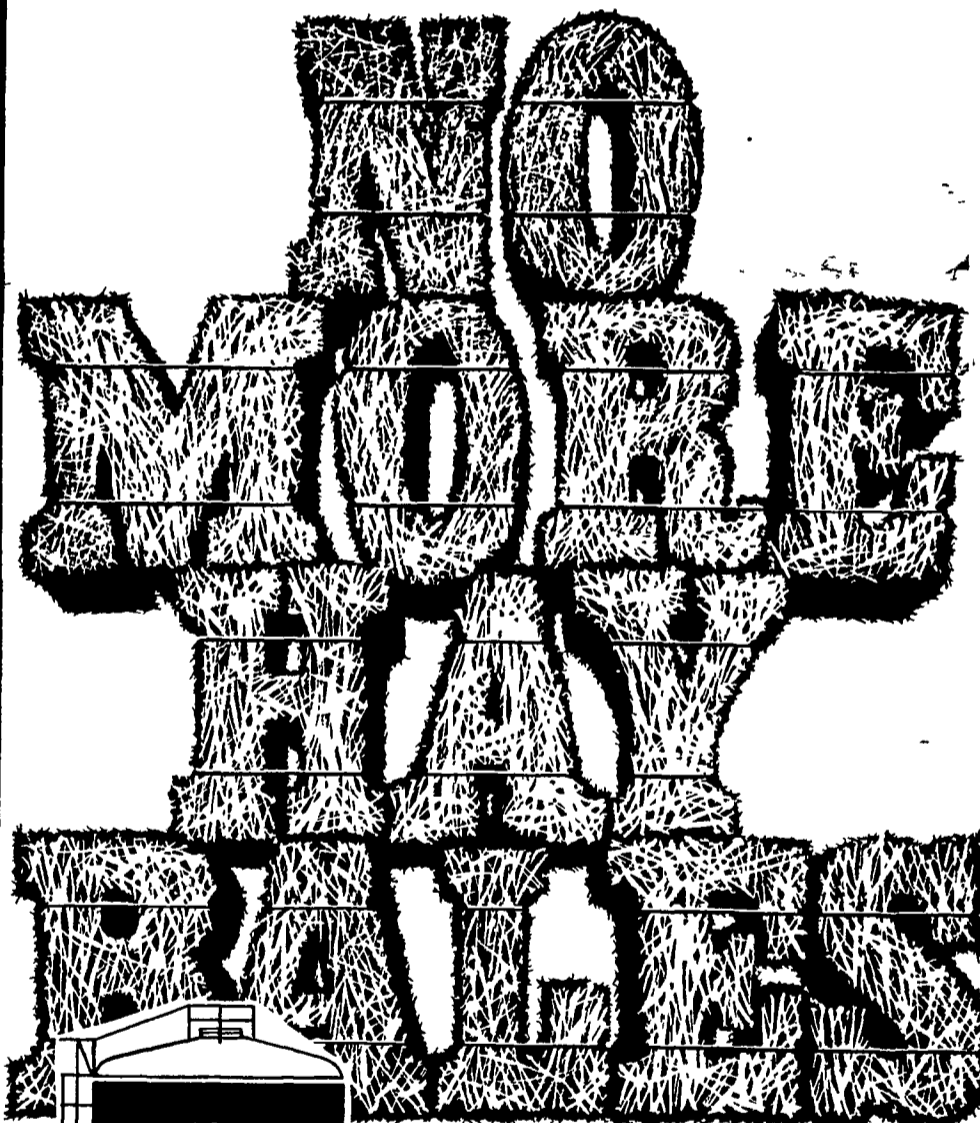
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Kenneth Brubaker, Harrisburg Pike, Lancaster, proudly displays one of the many sheep awards he won

this week at the Pennsylvania Farm Show.

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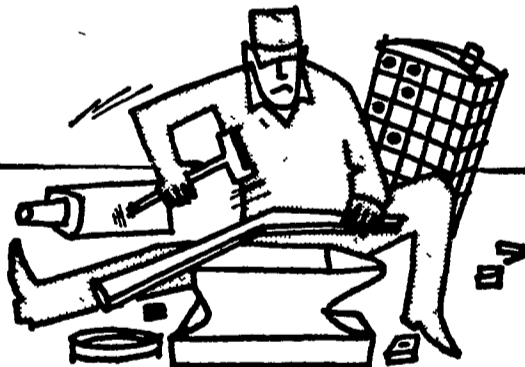
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