

**SERVING UP**

*Savings!*

**weis**

**SERVES 4 for \$3**  
**PER SERVING**

## Meal in a Hass Avocado Half

### KEY INGREDIENT SHOPPING LIST

2 Fresh Hass Avocados.....	10/\$10
1(15.5-ounce) can Weis Quality From the Field Black Beans .....	88¢
1 (15.25-ounce) can Weis Quality Crisp and Sweet Whole Kernel Corn.....	89¢
1 (10-ounce) bag Grimmway Shredded Carrots.....	\$1.79
1 bunch Fresh Cilantro.....	\$1.99
1 (16-ounce) jar Old El Paso Think 'N Chunky Salsa.....	2/\$3.00
1 bunch Fresh Green Onions.....	63¢
1 (12-ounce) bottle Weis Quality Louisiana Hot Sauce .....	99¢

**PRICES EFFECTIVE 9-24-09 THROUGH 9-30-09**

### INSTRUCTIONS:

- 2 Fresh Hass Avocados, sliced in half and seeded
- 2/3 cup Weis Quality From the Field  
Black Beans, drained and rinsed
- 1/2 cup Weis Quality Crisp and Sweet  
Whole Kernel Corn, drained
- 1/2 cup Grimmway Shredded Carrots
- 1/4 Fresh Cilantro, chopped
- 1/2 cup Old El Paso Think 'N Chunky Salsa
- 2 Fresh Green Onions, thinly sliced
- 10 drops Weis Quality Louisiana Hot Sauce

In a large bowl, combine beans, corn, carrots, cilantro, salsa, green onions and hot sauce. Fill each avocado shell with one-quarter of bean mixture and serve.

*Recipe and image courtesy of the Hass Avocado Board.*

