

BAKED AVOCADO FRIES

adapted from healthyfamily.com

Yield: 2 servings

Prep Time: 15 - 20 minutes

Cook Time: 18 minutes

Storage: best fresh; refrigerate up to 1 day



Ingredients

- 2 large, medium-ripe avocados - peeled, pitted, and sliced into 1/2-inch thick wedges
- 1/3 cup whole wheat or gluten-free flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon salt, or to taste
- 2 large eggs
- 2 tablespoons milk of your choice
- 1 cup whole wheat or gluten-free breadcrumbs

Directions

1. Preheat oven to 425°F and line a baking pan with parchment paper.
2. Create an assembly line with 3 shallow bowls. In bowl 1, mix together the flour, garlic, paprika, and salt. In bowl 2, beat together the eggs and milk. In bowl 3, place the breadcrumbs.
3. One at a time, coat the avocado wedges in the flour, shake off excess, then dip in the eggs. Then coat both sides with the breadcrumbs, pressing lightly to help it stick if needed. Make sure to completely cover the avocado at each stage.
4. Place the wedges on the baking pan in a single layer.
5. Bake in the oven for 9 minutes. Then flip them over and bake for another 9 minutes, or until golden brown. Enjoy with your favorite dip.