

Avocado Fries

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: 2 pieces

Ingredients	Quantity	Measure
Avocados	4	each
All-purpose flour	1	cup
Soymilk	2	cups
Panko breadcrumbs	3	cups
Cajun seasoning	1	tablespoon
Oil for frying, optional		

Preparation

1. Cut each avocado into six pieces.
2. Combine flour and Cajun seasoning in a medium bowl
3. Coat each piece of avocado with flour.
4. Dip each piece of flour-coated-avocado in the soymilk.
5. Put in the panko breadcrumbs and coat well.
6. Bake or fry until golden brown and crispy.
 - a. If frying, deep fry until golden brown.
 - b. If baking, bake in a 425-degree oven until golden brown and crispy, approximately 10 minutes.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 346 Total Fat: 26g Saturated Fat: 2.4g Monounsaturated Fat: 16g Polyunsaturated Fat: 6.4g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 24g Fiber: 4g Total Sugar: 2.3g Protein: 5g Sodium: 280mg
Vitamin A: 3µg Vitamin C: 5mg Calcium: 18mg Iron: 1mg Folate: 50µg

