



Avocado Fries

Ingredients

For the Avocados

- 2 ripe but firm medium avocados
- 1 large egg
- 1 cup panko breadcrumbs
- 1/2 teaspoon garlic powder (or granulated garlic)
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper (optional)

For the Chipotle Sauce

- 1 cup sour cream or Greek yogurt
- 1 tablespoon canned chipotle in adobo sauce (or Mexican hot sauce)
- 1 tablespoon finely chopped fresh chives
- 1/2 teaspoon Cajun seasoning (with salt)
- 1/4 teaspoon kosher salt

Instructions

Step 1: Preheat the Oven

Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or lightly grease it.

Step 2: Prep the Avocados

Halve, pit, and peel the avocados.

Cut each half into 4 wedges for a total of 16 slices.

In a small bowl, whisk the egg until foamy.

Step 3: Make the Breading Mixture

In a shallow dish, combine panko breadcrumbs, garlic powder, smoked paprika, salt, black pepper, and cayenne (if using).

Use the bottom of a measuring cup to crush the breadcrumbs slightly for better coating.

Step 4: Bread the Avocado Slices

Dip one slice at a time into the egg, letting excess drip off.
Then coat in the breadcrumb mixture, pressing gently to ensure an even crust.
Place on the baking sheet, spaced apart.

Step 5: Bake

Bake for 16 minutes, flipping halfway through, until golden and crispy.
Let cool for 5 minutes before serving. Sprinkle with extra salt if desired.

Step 6: Make the Chipotle Cream Sauce

In a small bowl, mix sour cream (or yogurt), chipotle in adobo, chopped chives, Cajun seasoning, and salt.

If too thick, thin with a small splash of water. Chill until ready to serve.

Step 7: Serve

Serve warm avocado fries with the chipotle cream sauce on the side for dipping.