



Avocado Fries with Sriracha Dip

Prep: 20 minutes

Bake: 18 minutes • Serves: 8

Avocado Fries

Nonstick cooking spray

- 1 cup panko breadcrumbs
- 1 teaspoon onion powder
- ½ teaspoon salt
- 2 large egg whites
- 4 firm ripe avocados, pitted, peeled and each cut into 6 wedges

Sriracha Dip

- ½ cup mayonnaise
- ¼ cup Sriracha chili sauce (use 2 tablespoons for less heat)
- 1 tablespoon Dijon mustard

1. Prepare Avocado Fries: Preheat oven to 425°. Spray large rimmed baking pan with nonstick cooking spray. In pie plate or wide, shallow dish, combine breadcrumbs, onion powder and salt. In second pie plate or wide, shallow bowl, whisk egg whites until frothy.

2. Dip avocados in egg whites, allowing excess to drip off, then press lightly into breadcrumb mixture so crumbs adhere; transfer to prepared pan. Spray avocado fries with cooking spray. Bake 18 to 20 minutes or until golden brown.

3. Meanwhile, prepare Sriracha Dip: In small bowl, stir mayonnaise, Sriracha and mustard until well combined. Makes about ¾ cup. Serve fries hot with dip.

*Approximate nutritional values per serving:
243 Calories, 24g Fat (11g Saturated),
5mg Cholesterol, 460mg Sodium,
18g Carbohydrate, 5g Fiber, 3g Protein*

Chef Tips

Sprinkle hot fries with additional salt to taste.

Try these additional seasoned breadcrumb mixtures:

*1 cup panko breadcrumbs, 1 teaspoon garlic powder and ¼ teaspoon salt **or** 1 cup panko breadcrumbs, 1 teaspoon lemon pepper seasoning and ¼ teaspoon salt*