

Future Chef RECIPE

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5th GRADE
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AVOCADO FRIES! (SERVING OF 2)

Ingredients:

1 ripe avocado, halved, seeded, peeled and cut into 8 slices
¼ cup of all-purpose flour ½ teaspoon of ground black pepper
¼ teaspoon of salt 1 teaspoon of water
½ teaspoon of ½ cup panko breadcrumbs
1 egg Cooking spray

Directions:

Step 1:

Preheat the air fryer to 400 degrees.

Step 2:

Mix flour, peppers, salt, and paprika together in a shallow bowl. Beat together egg and water in a second shallow bowl. Place panko in a third shallow bowl.

Step 3:

Dredge an avocado slice through the flour, shaking off excess. Dip egg and allow excess to drop off, then press into panko so both sides are covered. Set on a plate and repeat with the remaining slices.

Step 4:

Spray avocado slices generously with cooking spray and arrange in the air fryer basket. (Spray side down, spray the top side of the avocado slices as well.)

Step 5:

Cook in the preheated air fryer for 4 minutes. Turn avocado slices over and cook until golden, about 3 more minutes.

Then enjoy!

