

Hot Momma Avocado Fries

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INGREDIENTS

- $\frac{1}{2}$ Cup AP Flour
- 2 tsp Hot Momma Seasoning, mild or fiery
- Spray Oil
- 2 Eggs
- 1 Cup Panko
- 1 tsp Salt
- 2-3 Medium Avocados, ripe but firm

DIRECTIONS

Preheat oven to 425*. Line a baking sheet with parchment paper. In a shallow bowl, combine 1 tsp HMS, $\frac{1}{2}$ tsp salt, and flour. In a second shallow bowl, whisk eggs. In a third shallow bowl, combine 1 tsp HMS, $\frac{1}{2}$ tsp salt, and panko. For the avocados: cut in half and remove pits. Cut the halves in half. Cut the quarters into thirds. Peel the skin off of the slices. Coat avocado slice in the flour mixture. Then coat in the eggs. Then coat in the breadcrumbs. Place on the baking sheet in a single layer. Do this for all 36 slices. To give them a bit of a “fried” flavor, lightly spray the oil over the slices. Bake 8 minutes. Remove from oven. Turn slices over and slightly spray oil over slices. Bake for an additional 8 minutes. Serve with Hot Momma Sour Cream or creamy dip! Ac-salsa-rize!