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Fuel 'N Gainz Fried Avocado Tacos

Prep time: 10 min. **Cook time:** 20 min.

Ingredients

2 large, semi-ripe avocados
2 lightly beaten egg whites
1/4 cup oat flour or wheat flour (you can also substitute unflavored protein powder to boost protein and lower carbs)
2/3 cup wheat panko crumbs or wheat breadcrumbs
Olive oil spray
2/3 cup 2% Greek yogurt
2 oz. chipotle peppers in adobo (remove some seeds if you want it to be less spicy)
Juice of 1 lime
4 small low-carb wheat tortillas
1-1/2 cups shredded purple cabbage
4 tbsp pico de gallo (store bought)
cilantro to taste
Salt and pepper to taste

Directions

1. Preheat the oven to 375 degrees F.
 2. Remove the pits from the avocados. Slice each avocado into even wedges, about four slices per each half for a total of eight slices per avocado.
 3. Pour flour onto a plate or shallow dish. Pour panko bread crumbs on a separate plate or shallow dish. Whisk the egg white slightly in another bowl.
 4. Dip the avocado slices in the flour, then the egg white, then the panko, before placing them on a baking tray lined with parchment paper (or use a baking rack for more even-sided baking). Lightly spray avocado fries with olive oil before baking to help crust brown and get crispy.
 5. Bake for 20 minutes until golden brown. Check them halfway through baking and flip, if needed, to get an even golden brown and crispy result. Remove fries when done and season immediately with sea salt and pepper.
1. Place Greek yogurt, chipotle peppers, lime juice, and cilantro in a blender and blend until smooth. Set aside in the fridge.

6. For a thinner sauce, add a tablespoon or two of water while blending.
7. To assemble the tacos, place a whole-wheat tortilla in a taco stand and layer shredded purple cabbage, a dollop of chipotle sauce, 3-4 baked avocado fries, pico de gallo, and cilantro to taste.

Serving size: 2 tacos

Recipe yields 2 servings