



Tempura Avocado with Chili Salt

Avocado wedges dipped in tempura batter and fried

Yield: 4

1/3 cup	All Purpose Flour
1 tsp	Cornstarch
1/2 cup	Seltzer Water
1/8 tsp	Kosher Salt
2 Tbsp	All Purpose Flour
1/8 tsp	Kosher Salt
1 tsp	Mexican Seasoning, Salt Free
2 each	Avocado Slice
4 each	Lime Slices
1 tsp	Chili Powder
1/8 tsp	Kosher Salt



Make the tempura batter: In a large mixing bowl combine flour, cornstarch, seltzer and salt. Hold cold.

Mix flour, salt and Mexican seasoning. Cut avocados in half, remove pit and gently peel skin or remove pulp with a spoon. Place avocados cut side down and cut each 1/2 into 3 wedges.

Mix together salt and chili powder and set aside. Dredge 3 wedges of avocado per order in the seasoned flour and shake off excess. Dip into tempura batter. Allow excess batter to drip off. Place battered avocado into oil heated to 350 degrees for 2-3 minutes or until golden brown. Drain well on paper towel. Serve in a fry cup or boat with a lime wedge and sprinkling of chili salt.

Chef's Note: Batter and seasoned flour in this recipe lists exact amount used for nutrition analysis. Make more for easier execution. For more great avocado recipes and info visit www.californiaavocado.com.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
309.6	3.4	19.3	26.2	0	191.7	3	7.7