

Recipe of the Month – June 2024

Baked Garden Green Tomatoes

Serves: 4

Serving Size: 3 pieces

Cost per Serving: \$1.65

Ingredients:

For the Baked Green Tomatoes

2 large green tomatoes

3 egg whites

2 tablespoons flour

1 teaspoon paprika

1 teaspoon ground cumin

1/2 teaspoon salt

1 cup panko bread crumbs

For the Dip

1 tablespoon canned chipotle pepper in adobo

1/4 cup light mayonnaise

1/4 cup plain low-fat yogurt

1 tablespoon ranch seasoning



Directions:

1. Preheat the oven to 400 degrees.
2. Slice green tomatoes into even slices (about 1/4 inch thick).
3. Lightly beat egg whites in a medium mixing bowl. Place flour, paprika, cumin, and salt in a second bowl and mix to combine. Place panko breadcrumbs in a third bowl.
4. Spray a baking sheet with non-stick spray.
5. Delicately press tomatoes into flour, coating both sides. Dredge in egg whites, and cover in panko breadcrumbs. Place slices on a baking sheet that has been covered in non-stick spray.
6. Bake for 12 minutes, flip the tomatoes, and bake for another 12 minutes until tomatoes are golden.
7. While the green tomatoes are baking, prepare the dip. Mince the chipotle pepper, combine with mayo, low-fat yogurt, and ranch seasoning in a bowl. Stir to mix thoroughly. Serve as a dip for the green tomatoes

TIPS

This recipe is great with other vegetables too!!! Try coating sliced peppers, eggplant, or broccoli.

Nutrition Facts per Serving: 210 calories, +g total Fat (1g sat. fat),

<5mg.Cholesterol, 680mg Sodium, 32g Carbohydrates, 4g Fiber, 8g Sugar, 9g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar



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