



Baked Garden Green Tomatoes

Servings 4 | Prep time 15 mins. | Total time 39 mins.

Equipment:

4 Bowls
Baking sheet
Can opener

Utensils:

Serrated knife
Fork or whisk
Measuring cups and spoons
Spoon

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
Non-stick spray

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 1 tablespoon
ranch seasoning

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat the oven to 400 degrees.
3. Slice green tomatoes into even slices (about ¼ inch thick).
4. 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.
5. Spray a baking sheet with non-stick spray.
6. 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.
7. Bake for 12 minutes, flip the tomatoes, and bake for another 12 minutes until tomatoes are golden.
8. While the green tomatoes are baking, prepare the dip. Mince the chipotle pepper, combine with light mayo, low-fat yogurt, and ranch seasoning in a bowl. Stir to mix thoroughly. Serve as a dip for the green tomatoes.

Nutritional Information:

Calories 210
Total Fat 6g
Sodium 210mg
Total Carbs 32g
Protein 9g