



Recipe Details

Recipe Name - "Fried" Roma Tomatoes

Recipe Steps -

Ingredients

- 3 to 4 Roma tomatoes (depending on size) cut into 1/4-inch coins
- Flour of your choice to sprinkle on tomatoes before you dredge them in the wet mixture

Wet mixture for tomatoes:

- 1 cup garbanzo bean flour (or flour of choice)
- 1 cup plant milk (we use unsweetened oat. Planet Oat is GF).
- 2 tsp Garlic Powder
- 2 tsp Onion Powder

Coating:

Fat-free Panko (we buy ours at Trader Joe's because it is fat-free and lower in sodium than most brands. You can also find other brands at your local grocery; please read the labels well. 4Cs made the one we bought for our Walmart Haul).

Dipping Sauce of your choice, such as:

BBQ sauce of your choice

Ketchup

Hot sauce

Sweet chili sauce

Etc.

Instructions

1. mix all wet mixture ingredients together for tomatoes in a large bowl.
2. Cut tomatoes into 1/4 inch coins, and sprinkle them lightly with flour or arrowroot.
3. Dunk lightly floured tomatoes into the wet mixture, then dip in Panko and place in an air fryer basket. Place tomatoes on a parchment-lined cookie sheet if not using an air fryer.
4. Bake or air fry at 400 degrees for 5 to 7 minutes per side for 10 to 14 minutes total.
5. So crunchy and delicious, Enjoy!

