

# 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

#### Instructions

Etc.

- 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!



