

# **Baked Green Tomatoes with Honey Mustard Drizzle**

## **Prep time:**

15 minutes

## **Cooking time:**

15-20 minutes

## **Yields:**

4 servings

## **Ingredients:**

4 large firm green tomatoes

1 1/2 cup whole wheat or gluten free flour

1 cup plain Greek yogurt

1/2 cup buttermilk

1 1/2 cup Whole wheat or gluten free Panko Bread Crumbs

Cooking Spray or olive oil for drizzling

¼ cup honey

¼ dijon mustard

1 tablespoon chopped fresh chives

Salt and pepper to taste

## **Directions:**

1. Slice tomatoes 1/8 inch thick.
2. Mix flour, salt, and pepper in a bowl. Mix yogurt and buttermilk in another bowl, and Panko Bread Crumbs, salt and pepper in a third bowl. Coat tomatoes with the flour mixture, then the yogurt – buttermilk mixture, then the Panko Bread Brumbs.
3. Place coated tomatoes on a cookie sheet and spray with Cooking Spray on both sides or drizzle them on both sides with olive oil. Bake in a 350 degree oven for about 7 minutes on one side then flip them over and bake for another 5 to 7 minutes.
4. While tomatoes are in the oven, mix together honey, dijon, chives, salt and pepper.
5. Transfer tomatoes to a platter, drizzle with honey mustard and serve warm.

