

# Oven-Fried Green Tomatoes with Sriracha-Ranch Dipping Sauce



Serves 8

Ingredients:

- 6 green tomatoes, sliced
- $\frac{3}{4}$  cup almond flour
- 2 teaspoons Old Bay lemon and herb seasoning\*
- 2 eggs, beaten
- $\frac{1}{2}$  cup ranch dressing
- 1 teaspoon sriracha sauce

## Instructions:

1. Pre-heat oven or toaster oven to 350°F. Spray a baking sheet with non-stick spray.
2. Cut the tomatoes into slices about 1/2 inch thick.
3. Beat the eggs in a small bowl.
4. In another bowl, mix the almond flour and Old Bay seasoning. Remove and save half of the almond flour mixture, so you can work with two batches.
5. One at a time, dip both sides of each tomato slice into the egg and then into the almond flour mixture, using the fork or your fingers to press the almond mixture on to the tomato slice so it sticks.
6. Place each tomato on the baking sheet after it's coated with the almond flour mixture.
7. Bake tomatoes 35-40 minutes, turning carefully once.
8. While the tomatoes bake, mix together the ranch dressing and sriracha sauce to make the dipping sauce.
9. The baked tomatoes are done when the almond mixture is lightly browned on each side and tomatoes are cooked through. Serve hot.

## Note:

\*You may substitute any other spicy herb seasoning.

Nutrition per serving: Calories 166; Total Fat 13.4 g; Saturated Fat 1.9 g; Monounsaturated Fat 5.2 g; Polyunsaturated Fat: 5.3 g; Total Carbohydrates 8.2 g; Dietary Fiber 2.3 g; Sugar Alcohols 0.2 g; Sugars 5.2 g; Protein 5.1 g; Sodium 186 mg