

Herbed Tomato Muffins

Makes 12 muffins.

Note: May be made dairy-free by using soymilk. See below.

10 + 1 / 2 oz / 300g fresh Italian plum tomatoes

1 tbsp butter/coconut oil

1 / 2 cup all-purpose flour

1 / 2 cup whole wheat or spelt flour

2 tbsp baking powder

1 / 2 tsp salt

scant 1 1/3 cups fine cornmeal

1 + 1 / 4 cups milk OR plain, unsweetened soymilk

1 garlic clove, crushed

1 tbsp fresh basil, chopped

1 + 1 / 2 tsp chopped fresh parsley

1 egg, beaten

First, the tomatoes must be peeled by first scalding them with hot water.

Procedure: Boil water in a kettle. Place the tomatoes in a heatproof bowl, and pour enough hot water over them to cover. Soak for 3 minutes. Lift them out of the bowl and cool slightly. Once cool enough to handle, pierce their skins with the tip of a knife. The tomatoes may then be peeled with a knife.

Preheat to 400 F/200C.

Sift flour, baking powder, salt into a large bowl and stir in cornmeal, mixing together well. In a separate bowl, lightly whisk the egg and the milk together with a fork. Add the reserved chopped tomatoes, then garlic, basil and parsley. Mix together well. Add the egg and tomato mixture to the flour mixture and then gently stir together until just combined. Do not overstir the batter (lumps are fine).

Spoon batter into paper-cup lined muffin tin. Bake for 20 minutes, or until golden and risen.

From the library of Andrea Bartels, RNCP/ROHP

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