

Roasted Tomato Cobbler

PREP TIME: 55 minutes (includes roasting time)

TOTAL TIME: 1 hour 20 minutes (includes roasting and baking time)

Servings: 6



Ingredients

Roasted Tomatoes

- 5 large tomatoes, any variety will work
- 2 cups cherry tomatoes
- 2 Tbsp extra virgin olive oil
- 1-2 Tbsp reduced balsamic vinegar
- Salt and pepper to taste

Cobbler Dough

- 1/2 cup whole wheat flour*
- 1/2 cup semolina flour*
- 1/4 cup buckwheat flour*
- 1/4 cup chickpea flour *
- *Note that 1 1/2 cups whole wheat flour will work to substitute if you don't have a variety of flours on hand
- 2 Tbsp cane sugar
- 1 Tbsp chopped fresh basil
- 1 Tbsp chopped fresh parsley
- 2 tsp baking powder
- 1/4 tsp sea salt
- 1/2 cup chopped pine nuts (or nut of your choice)
- 1 flax egg (1 Tbsp ground flax + 3 Tbsp warm water)
- 3 Tbsp butter, melted and cooled + 1 tsp to butter the dish
- 1/2 cup plain kefir

1. To make the roasted tomatoes, begin by preheating your oven to 350 degrees. Line a large baking pan with a non-stick silicon mat or a piece of parchment paper. Wash and slice tomatoes about 1/4 inch thick and place in a single layer on the prepared pan. Drizzle with olive oil, reduced balsamic, and sprinkle of salt and pepper then place in the oven to roast for 45-50 minutes.
2. While the tomatoes are roasting, begin the cobbler dough. Place all flours in a large mixing bowl then add cane sugar, chopped herbs, baking powder, sea salt, and chopped pine nuts and stir to combine. In a separate bowl whisk together ground flax seed and water and allow to sit until it becomes gelatinous, ~3-5 minutes. Add melted butter and plain kefir to the flax egg and stir mixture well.
3. Add wet ingredients to dry ingredients and stir until a dough is formed, but avoid over stirring. Place dough in the fridge to chill while the tomatoes continue to roast.
4. Once the tomatoes are fully roasted, remove from the oven and spoon into a buttered 9"x9" pan. Remove cobbler dough from the fridge. Use a tablespoon to portion and drop dollops of dough over the tomatoes one at a time until you have covered the entire top of the tomatoes. Keep in mind that there can be tiny holes between the dollops of dough so that the tomato juice will seep through and bubble up while baking. Bake in a 350 degrees preheated oven for 25 minutes with the last 2 minutes under the broiler or until golden brown.
5. Remove cobbler from the oven and allow to sit out at room temperature for at least 10 minutes before cutting. Divide cobbler into 6 servings. Can be served on top of a pro-biotic containing cheese (such as Lifeway Farmers Cheese as we did), cottage cheese, sliced fresh mozzarella, cooked beans of choice, or enjoyed on its own. Leftovers can be stored in the fridge for up to 3 days. Reheat cobbler in a 350 degree oven for 7-10 minutes, in the microwave for a minute, or just eat cold right out of the refrigerator. Enjoy!