

Cherry Tomato Cobbler

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AARP Magazine

Servings: 4

olive oil
2 tablespoons cold butter, cut into cubes
1 egg, beaten
3/4 cup flour
3/4 cup cornmeal
3/4 teaspoon baking powder
1/4 teaspoon baking soda
sprinkle salt
1/2 cup buttermilk
2 pints cherry tomatoes, halved
2 cloves garlic, peeled and thinly sliced
1 red onion, peeled, halved and sliced
basil leaves, stripped from the sprigs
1/2 cup grated Parmesan cheese

Preheat the oven to 325 degrees.

Grease a medium ovenproof skillet with olive oil or butter.

Place the flour, cornmeal, baking powder, baking soda and a sprinkle of salt in a food processor. Add the butter cubes. Pulse until the mixture looks like coarse bread crumbs. Add the egg and buttermilk. Pulse until the mixture comes together in a thick, sticky batter.

Place the cherry tomatoes in a medium bowl. Add the garlic and red onion. Drizzle the tomato mixture with some olive oil, sprinkle with salt and pepper and toss.

Put the tomato mixture in a skillet. Spoon dollops of the biscuit batter across the top.

Bake until the biscuits are golden and cooked through and the tomatoes and onion are softened, 20 to 25 minutes. When the cobbler is done, sprinkle the Parmesan cheese on top and tear the basil leaves over all. Drizzle with a little olive oil.

Serve hot, warm or at room temperature.

Per Serving (excluding unknown items): 230 Calories; 11g Fat (41.3% calories from fat); 10g Protein; 24g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 466mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	230
% Calories from Fat:	41.3%
% Calories from Carbohydrates:	41.7%
% Calories from Protein:	17.0%
Total Fat (g):	11g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	77mg
Carbohydrate (g):	24g
Dietary Fiber (g):	1g
Protein (g):	10g
Sodium (mg):	466mg
Potassium (mg):	170mg
Calcium (mg):	246mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	358IU
Vitamin A (r.e.):	94 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	22mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 230 Calories from Fat: 95

% Daily Values*

Total Fat	11g	16%
Saturated Fat	6g	30%
Cholesterol	77mg	26%
Sodium	466mg	19%
Total Carbohydrates	24g	8%
Dietary Fiber	1g	6%
Protein	10g	

Vitamin A	7%
Vitamin C	6%
Calcium	25%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.