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▶▶▶▶ January 2013 ◀◀◀◀

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Baked Vegetable Tempura

Prep Time: 30 mins

Cook Time: 9 mins

Total Time: 39 mins

Ingredients

- cooking spray
- 2 egg(s)
- 1 1/2 cup(s) bread crumbs, panko (Japanese-style)
- 1/4 teaspoon salt
- 1 1/2 cup(s) cauliflower
- 1 1/2 cup(s) mushrooms, fresh, stems removed
- 1 medium potato(es), sweet, peeled and cut into 3 2-inch strips
- 1 small zucchini, cut into 1/4 -inch-thick slices
- 1 small onion(s), red, cut into 1/2-inch-thick slices and separated into rings
- 1 cup(s) beans, green
- 1 cup(s) peas, sugar snap
- 1/4 cup(s) flour, all-purpose
- 2 tablespoon butter, melted
- 1 cup(s) mustard, dijon-style
- 2 tablespoon honey



Preparation

Vegetable Tempura:

1. Preheat oven to 450°F. Coat a 15x10x1-inch baking pan with nonstick cooking spray; set aside. In a shallow bowl, beat eggs with a fork. In a medium bowl, combine panko bread crumbs and salt.
2. In a large bowl, toss the vegetables in flour, shaking to remove any excess flour. Dip the vegetables, a few at a time, into the eggs; dip into the panko crumb mixture to coat. Place the vegetables in a single layer in the prepared baking pan.
3. Drizzle the vegetables with melted butter. Bake for 9 to 11 minutes or until vegetables are golden brown, gently stirring twice. Serve immediately with Honey-Mustard Sauce.

Honey-Mustard Sauce:

In a small bowl, stir together 1 cup Dijon-style mustard and 2 tablespoons honey.