

Tomato Basil Clafouti

(Serves 6-8)

A Clafouti is generally prepared as fruit-based dessert and originates from Limousin, in central France. Martha Rose Shulman reports that it is derived from the word clafir a patois word meaning to fill. It is a cross between a cake and a flan but faster. It's also forgiving and flavorful. This recipe is simple yet elegant, low in carbohydrates, versatile and also doesn't dirty a lot of dishes.

Typically, a classic clafouti is made with milk and less flour but this version includes Greek yogurt and the higher flour content for a more pound cake-like texture. You can add some milk for a more custardy texture.

Ingredients

½ teaspoon olive oil

1 ounce basil leaves (*about 1 cup of leaves packed down*)

7 eggs: 4 whole eggs, 3 egg whites

1 cup fresh grated parmesan, divided (*or use asagio, pecorino*)

2 garlic cloves, minced or pressed

½ teaspoon salt

1 ⅓ cup 2% fat-free plain yogurt

½ cup all-purpose flour

½ pound grape or pearl tomatoes, rinsed and dried (*or similar sized small tomatoes*)

Optional: ⅛ teaspoon esepette or cayenne

Steps:

1. Heat oven to 375F.
2. Spread olive oil in a baking dish (about 10-inch diameter) or pie pan.
3. Pull off larger basil stems and chop or cut chiffonade style (into rough strips).
4. In a large bowl, whisk (or use a hand-mixer) together eggs, egg whites, ¾ cup cheese, garlic, salt and yogurt.
5. Add the flour and whisk or mix then pour into baking dish. Stir in the basil.
6. Cut tomatoes roughly in half and place cut-side up on the mixture.
7. Top with remaining ¼ cup cheese and bake for 35-45 minutes (until lightly browned and as firm as a moist pound cake).

Serve:

Serve warm or cold, at the dinner table as a side dish, main dish or companion to a tossed green salad, at a picnic or a brunch