

# JUNIOR EXPLORER

## Healthy Salad Stuffed Popovers

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#### Ingredients

Baking spray with flour

1 cup whole milk

3/4 cup all-purpose flour

3 large eggs, lightly beaten

1 teaspoon pure vanilla extract

Kosher salt

3 tablespoons unsalted butter, melted

1/4 teaspoon baking powder

#### Summer Salad:

1 1/2 cups grape tomatoes, quartered

1/4 pound fresh mozzarella, cut into 1/2-inch cubes

1/2 cucumber, peeled and diced (about 1 cup)

1/2 cup loosely packed fresh basil leaves, chopped

1/4 cup extra virgin olive oil

2 tablespoons balsamic vinegar

Kosher salt and freshly ground black pepper

#### Directions

Preheat the oven to 400 degrees F. Spray a 12-cup muffin tin generously with baking spray; set aside.

**1. For the popovers:** Whisk the milk, flour, eggs, vanilla and 1/2 teaspoon salt in a medium bowl until combined. Drizzle in the melted butter while whisking until combined, then let the batter stand for 5 minutes. Whisk in the baking powder, then divide the batter evenly among the muffin cups (a scant 1/4 cup each). Bake until puffed and browned around the edges, 20 to 25 minutes, rotating the pan halfway through.

**2. For the salad:** While the popovers are baking, toss the tomatoes, mozzarella, cucumbers and basil in a medium bowl. Whisk the oil, vinegar, 1/2 teaspoon salt and a few grinds of black pepper in a measuring cup; add to the tomato mixture and toss to coat. Cover the bowl and refrigerate.

**3. To assemble:** When the popovers are done, turn them out of the pan. Place 2 popovers on each of six serving plates and top each with 1/2 cup of the tomato mixture. Serve.



Recipe taken from: [www.foodnetwork.com](http://www.foodnetwork.com)