

Best Fried Green Tomatoes

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Servings: 4

*4 large green tomatoes
2 eggs
1/4 cup milk
1/2 cup flour
1/2 cup cornmeal
1/2 cup dried bread crumbs
2 teaspoons Kosher salt
1/4 teaspoon black pepper
2 cups vegetable oil (for
frying)*

Core and slice the tomatoes one-half-inch thick.
Discard the ends or reserve for another use.

In a shallow dish, whisk together the eggs and milk. Place the flour in another shallow dish.

In a third shallow dish, mix together the cornmeal, breadcrumbs, salt and pepper.

Dip the tomatoes in flour to coat, followed by the milk and egg mixture. Dredge in the breadcrumb mixture to coat completely.

Heat oil to 350 degrees in a large skillet over medium heat. Working in batches of four to five slices, and making sure that they do not touch, fry the tomatoes until golden, 1-1/2 to 2 minutes per side. Drain on paper towels.

Sprinkle with additional salt and pepper.

Keep warm in a 300 degree oven while frying the remaining slices.

Per Serving (excluding unknown items): 210 Calories; 4g Fat (16.1% calories from fat); 9g Protein; 35g Carbohydrate; 4g Dietary Fiber; 108mg Cholesterol; 1007mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.