



# Fried Green Tomatoes Recipe

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Crispy on the outside and tender in the middle, these Fried Green Tomatoes are addictive! Serve them as an appetizer, a party snack or make them the main attraction piled high on a BLT! This recipe for Fried Green Tomatoes is a slight variation of Southern Cooking's version: skipping the sugar, adding a bit of cayenne for kick and finishing with flaky sea salt for extra flavor and crunch.

**Course**                      Appetizer

**Cuisine**                      American

**Prep Time**                    10 minutes

**Cook Time**                    10 minutes

**Total Time**                   20 minutes

**Servings**                    8 people

**Calories**                    95 kcal

## Ingredients

- 3 medium green tomatoes about 12 ounces
- 1 large egg
- 1/2 cup buttermilk
- 1/2 cup all-purpose flour divided
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- pinch ground cayenne pepper
- avocado oil or other high heat oil, for frying
- flaky sea salt such as Maldon, for finishing

## Instructions

1. Slice tomatoes into 1/4-inch thick rounds.

### To Make Breading Mixture:

1. Whisk egg and buttermilk together in a shallow bowl.
2. Scoop 1/4 cup flour onto a medium plate.
3. To a second medium plate add remaining flour, cornmeal, salt, pepper and cayenne; combine thoroughly with fork or small whisk.

### To Bread Tomatoes:

1. Dredge a tomato slice in plain flour, shaking off any excess; dip in egg mixture; dredge in cornmeal until evenly coated and transfer to plate. Repeat with remaining tomato slices.

### To Fry Green Tomatoes:

1. Line a plate with paper towels; set aside.
2. In a heavy skillet (ideally cast iron) heat 1/4-inch of high heat oil to 375°. (It's important for the oil to be very hot to keep tomatoes from absorbing it. Be sure to reheat between batches!) Carefully place tomatoes into hot oil and cook 1 1/2 to 2 minutes per side, until golden brown. Transfer to paper towel lined plate (keeping tomatoes in a single layer so they don't get soggy) and sprinkle with flaky sea salt. Repeat with remaining tomatoes. Serve hot.

Nutrition Facts	
Fried Green Tomatoes Recipe	
Amount Per Serving	
<b>Calories</b> 95	Calories from Fat 9
% Daily Value*	
<b>Total Fat</b> 1g	2%
<b>Cholesterol</b> 24mg	8%
<b>Sodium</b> 321mg	13%
<b>Potassium</b> 163mg	5%
<b>Total Carbohydrates</b> 16g	5%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein</b> 3g	6%
Vitamin A	7.1%
Vitamin C	13.1%
Calcium	2.7%
Iron	5.6%

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