

Fried green tomatoes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8

Ingredients	Qty	Measure
Green tomatoes	1	Lb.
All-Purpose flour (divided)	1	Lb.
Cornmeal	8	Oz.
Salt	1	Tsp.
Pepper	1	Tsp.
Soy milk	24	Oz.
Oil for frying		
**baguette	2	each
Fresh spinach	1	Lb.
Spread for sandwich		
Vegan mayonnaise, like Just Mayo (not sandwich spread)	½	cup
Roasted red pepper	1	Oz.
Garlic	1	clove

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Wash and slice green tomatoes ¾ inch thickness.
2. Set up standard breading procedure (3 separate pans – 8 oz. flour, soy milk and 8 oz flour and cornmeal mixed together) Add salt and pepper to flour.
3. Dredge tomatoes in flour, then in soy milk and then into the flour cornmeal mixture.
4. Repeat until all slices of tomatoes are covered.
5. Fry until golden brown

To make the spread:

1. Put mayonnaise, roasted red pepper and garlic in blender, blend till smooth. Taste if you prefer more garlic add another clove. Blend till smooth.

Serving Information

Put spread on both sides of baguette, add spinach, two to three pieces of fried green tomato.

**You can use as a side dish or as a sandwich.

Nutrition Information- Fried Green Tomatoes & Spread*From USDA Nutrient Database

Calories: 465 Total Fat: 14g Saturated Fat: 0.5g Carbohydrate: 70g Protein: 11g Sodium: 426 mg
Vitamin A: 97µg Vitamin C: 40mg Calcium: 134mg Iron: 5mg Folic Acid: 250µg

Nutrition Information- Fried Green Tomato Sandwich*From USDA Nutrient Database

Calories: 519 Total Fat: 15g Saturated Fat: 1g Carbohydrate: 80g Protein: 13g Sodium: 548mg
Vitamin A: 133µg Vitamin C: 42mg Calcium: 157mg Iron: 5mg Folic Acid: 326µg