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Fried Green Tomatoes

Serves 4

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

This recipe is written to be prepared in an air fryer. You can prepare the tomatoes in the oven or fried in oil if you prefer. See notes below.

2-3 medium green tomatoes (unripe, cut into 1/4 inch slices)

2 eggs

½ cup flour

1 cup Panko crumbs

1 cup yellow cornmeal

1 teaspoon Italian seasoning

1 teaspoon kosher salt-sea salt, mineral salt

1 teaspoon paprika

½ teaspoon ground black pepper

½ teaspoon garlic powder

½ teaspoon onion powder

Avocado oil spray (or other non-seed oil spray)

Equipment

Air Fryer or baking pan (if cooking in oven)

Cutting board

Chef's knife

Medium mixing bowl

2 dinner plates

Whisk

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This recipe is written to be prepared in an air fryer. You can prepare the tomatoes in the oven or fried in oil if you prefer. See notes below.

2-3 medium green tomatoes (unripe, cut into 1/4 inch slices)

2 eggs

1/2 cup flour

1 cup Panko crumbs

1 cup yellow cornmeal

1 teaspoon Italian seasoning

1 teaspoon kosher salt-sea salt, mineral salt

1 teaspoon paprika

1/2 teaspoon ground black pepper

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

Avocado oil spray (or other non-seed oil spray)

1. Pre-heat air fryer to 400°F.
2. In a medium bowl whisk the eggs. Place the flour on a plate.
3. In a wide shallow container, combine the Panko crumbs, cornmeal, and the seasoning.
4. Sprinkle the tomatoes with a little salt. Dip the tomato slices in the flour, dip in egg mixture, and then press Panko crumb mixture into both sides. Sprinkle a little more salt on them.
5. Spray the air fryer basket generously with avocado spray, and place as many coated tomatoes in the basket that will fit with plenty of space in between. Spray coated tomatoes with additional avocado spray to lightly coat.
6. Cook for 10 minutes or until browned and crispy.
7. Repeat with remaining tomatoes.
8. Serve hot.

Serving suggestions:

Serve with a dipping sauce. Serve in a sandwich. Top with fried or poached eggs.

To fry: In a deep 12-inch skillet heat 1 inch avocado oil to 350-360°F. Fry in batches to avoid over crowding the pan. Fry for 4-5 minutes total, gently turning as needed until golden.

