

Crispy Fried Green Tomatoes

With the right ingredients and method, you can enjoy fried green tomatoes while keeping your body in fat-burning mode. This delicious snack, one of my [Robert Ferguson] childhood favorites, is perfect for savoring great kitchen conversations. Serve these crispy, golden-green tomatoes with a flavorful Creole-inspired dip for a dish that's as satisfying as it is healthy!

Ingredients:

- 4 large (3" dia) green tomatoes
- ¼ cup all purpose unbleached white flour
- ¼ cup whole wheat flour
- 1/8 tsp cayenne pepper
- 1 cup low fat (1%) buttermilk
- ½ cup corn meal (Arrowhead Mills® when possible)
- ¼ extra virgin olive oil
- 1 head of romaine lettuce

Method:

In a medium sized bowl combine the flours, sugar, cayenne, salt and pepper. Cut the tomatoes into ¼ inch slices.

Dust the tomato slices on both sides with the bowl mixture.

Now dip the coated tomato slices in buttermilk and quickly dust each side with corn meal.

Place your oil in a medium-sized non-stick skillet and bring to medium-high heat. Now place your tomatoes in the skillet and allow to cook until light golden brown on both sides.

Take out of skillet and immediately position on paper towels to drain. Serve on lettuce with the dipping sauce when desired.

Serves: 8 (four slices a serving)

Recommendation: Serve with our Delicious Dipping Sauce (below).

Approximate nutritional analysis per serving: 130 calories (5 grams of protein, 16.7 grams of carbohydrates, 8 grams of fat, 2.1 grams of fiber).

Creole's Delicious Dipping Sauce

Ingredients:

- 1 cup mayonnaise
- ½ juice of lemon
- 1 TBSP minced capers
- 1 TBSP minced onion
- 1 tsp Dijon mustard
- 1 tsp horseradish
- 1 tsp paprika
- 4 springs cilantro or parsley, chopped
- ½ tsp Worcestershire sauce

Method:

Combine all ingredients and blend to desired consistency. Refrigerate until ready to use.

Serves: 8

Approximate nutritional analysis per serving: 70 calories (0 grams of protein, 1 gram of carbohydrates, 7 grams of fat, 0 grams of fiber).



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