

Fried Green Tomato Sandwiches

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Ingredients	Quantity	Measure
Green tomatoes	1	pound
All-purpose flour, divided	1	pound
Cornmeal	8	ounces
Salt	1	teaspoon
Pepper	1	teaspoon
Non-dairy milk	24	ounces
Oil for frying		
Baguette	2	each
Fresh spinach	1	pound
Spread		
Egg-free mayonnaise	½	cup
Roasted red pepper	1	ounces
Garlic	1	clove

Preparation

1. Wash and slice green tomatoes $\frac{3}{4}$ inch thickness.
2. Set up standard breading procedure (3 separate pans – 8 ounces flour with salt and pepper; non-dairy milk; and 8 ounces flour and cornmeal mixed together).
3. Dredge tomatoes in flour, then in the non-dairy milk and then into the flour cornmeal mixture.
4. Repeat until all slices of tomatoes are covered.
5. Fry until golden brown. Alternatively, you can bake at 400 degrees for approximately 15 minutes, flip, and then cook another 5 minutes.

To make the spread

Combine egg-free mayonnaise, roasted red pepper, and garlic in a blender; blend until smooth. Taste and adjust to your preference. If you prefer more garlic, add another clove. Blend until smooth.

Serving Information

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

Nutrition Information per servings *From USDA Nutrient Database

Fried Green Tomatoes Sandwich

Calories: 493 Total Fat: 13g Saturated Fat: 1g Monounsaturated Fat: 6.7g Polyunsaturated Fat: 4.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 80g Fiber: 6g Total Sugar: 7g Protein: 15g Sodium: 704mg Vitamin A: 287µg Vitamin C: 31mg Calcium: 150mg Iron: 5mg Folate: 148µg

Fried Green Tomatoes & Spread

Calories: 386 Total Fat: 4.3g Saturated Fat: 1g Monounsaturated Fat: 6.7g Polyunsaturated Fat: 4.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 59g Fiber: 4.3g Total Sugar: 6g Protein: 10g Sodium: 423mg Vitamin A: 287µg Vitamin C: 15mg Calcium: 43mg Iron: 2.3mg Folate: 38µg