

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



FRIED GREEN TOMATOES WITH CREAMY HERB REMOULADE DRESSING

Serves 8 (serving size: 2 tomato slices and about 2 tablespoon sauce)

This is a great way to use up the late-to-ripen summer tomatoes.

INGREDIENTS

16 (1/4-inch thick) slices green tomato (about 4 tomatoes)
3/4 cup panko breadcrumbs
1/2 cup cornmeal
1/4 teaspoon EACH salt and pepper
2 tablespoons milk
1 teaspoon mustard
1 large egg
3-4 tablespoons oil
Cooking spray

Creamy Herb Remoulade:

1/3 cup low-fat mayonnaise
1/3 cup low-fat plain Greek yogurt
1/3 cup low-fat milk
2 tablespoons chopped mixed fresh herbs (like basil, thyme, chives)
1 tablespoon sweet pickle relish
1/4 teaspoon salt
1 clove garlic, minced
Hot pepper sauce (to taste)

DIRECTIONS:

1. Heat oven to 400 degrees.
2. Combine panko, cornmeal, salt, and 1/4 teaspoon EACH salt and pepper in a shallow dish. In a second shallow dish combine milk, egg, and mustard, stirring with a whisk. Dredge (or coat) tomato slices in egg mixture, and then dredge in panko mixture, turning to coat.
3. Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add tomatoes slices to pan in a single layer; cook 4 minutes, until golden brown. Coat tops of tomatoes with cooking oil spray. Transfer the tomato slices, browned-side up, onto a baking sheet.
4. Wipe skillet clean and repeat procedure with remaining oil, tomatoes, and cooking spray. Bake tomatoes until they are golden brown on both sides, about 8-10 minutes.
5. For Creamy Herbed Remoulade, whisk together all ingredients. Serve with tomatoes.

Nutritional Information per Serving: Calories: 164; Fat: 8.7g; Saturated fat: 0.9g; Monounsaturated fat: 4.8g;

Polyunsaturated fat: 1.2g; Protein: 4g; Carbohydrate: 16g; Fiber: 1g; Cholesterol: 23mg; Iron: 1mg; Sodium: 215mg;

Calcium: 41mg