

**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 TOMAOTES WITH CREAMY HERBED DRESSING

Serves 8 (serving size: 2 tomato slices and about 1 tablespoon sauce)

INGREDIENTS

6 tablespoons non-fat milk, divided
3 tablespoons low-fat mayonnaise
2 tablespoons finely chopped fresh basil
1 teaspoon fresh thyme
1 teaspoon cider vinegar
1 clove garlic
½ teaspoon ground pepper, divided

16 (1/4-inch thick) slices green tomato (about 4 tomatoes)
¾ cup panko breadcrumbs
1/3 cup cornmeal
¼ teaspoon salt
1 large egg
¼ cup all-purpose flour
3 tablespoons oil, divided
Cooking spray

DIRECTIONS

1. For Creamy Herbed Dressing in a small bowl combine 3 tablespoons milk and next 5 ingredients (through garlic), stirring with a whisk. Stir in 1/4 teaspoon pepper.
2. Combine panko, cornmeal, salt, and remaining 1/4 teaspoon pepper. Place panko mixture in a shallow dish. In a second shallow dish combine remaining 3 tablespoons milk and egg, stirring with a whisk. In a third shallow dish place flour. Dredge (or coat) tomato slices in flour; dip in egg mixture, and 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 half of tomatoes; cook 4 minutes. Coat tops of tomatoes with cooking spray. Turn; add 1 1/2 teaspoons oil to pan. Cook 4 minutes or until golden. Repeat procedure with remaining 1 1/2 tablespoons oil, tomatoes, and cooking spray. Serve with sauce.

Nutritional Information per Serving:

Calories: 154; Fat: 7.7g; 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

Recipe Source: adapted from www.cookinglight.com, July 2014