

Healthier Version

Fried Green Tomatoes



Ingredients:

- 3 green tomatoes
- 1/4 c flour
- 3/4 c corn meal divided
- 1.5 tsp salt
- 2 tsp harissa
- 1 tsp sweet smoked paprika
- 1/4 c buttermilk
- 1 egg
- Nonfat cooking spray

Method: Preheat oven to 375. Take 1/2 cup of corn meal and place in food processor. Blend until made into a fine meal. Combine all dry ingredients in a bowl. Beat egg and buttermilk in a separate bowl. Slice tomatoes into 1/4 inch thick slices. Salt and place on paper towels to release liquid for 20 min. Dip tomatoes into egg milk mixture then coat with dry ingredient, pressing in the flour mixture to coat well. Spray both sides with cooking spray and place in baking sheet. Bake for about 15 minutes, then flip the tomatoes and bake until golden brown, an additional 15 minutes. Serve with harissa aioli or alternatively mix 1/4 c mayonnaise with 1 TBS harissa powder for a dip.