

Side Dish

Fried Green Tomato Salad

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Servings: 6

Preparation Time: 35 minutes

Cook time: 4 minutes

1/4 cup all-purpose flour

2 eggs, slightly beaten

1 tablespoon water

1/2 cup cornmeal

3 medium firm green tomatoes, cut into 1/2-inch slices

salt

ground black pepper

1/4 cup vegetable oil

8 cans (16 oz) black-eyed peas, rinsed and drained

2/3 cup radishes, sliced

1/3 cup pecans, chopped and toasted

2/3 cup Buttermilk Dressing (see Buttermilk Dressing recipe)

Place the flour in a shallow dish.

In a second shallow dish, whisk together the eggs and water until just combined.

In a third shallow dish, place the cornmeal.

Sprinkle the tomato slices with salt and pepper. Coat each tomato slice with flour, shaking off the excess. Dip into the egg mixture, then coat with cornmeal.

In a large skillet, heat the oil over medium-high heat.

Add the tomato slices, half at a time, and cook about 4 minutes until golden brown, turning once halfway through cooking. Drain on paper towels.

On a serving platter, arrange the salad greens.

Top with the fried green tomatoes, black-eyed peas, radishes and pecans.

Drizzle with Buttermilk Dressing or bottled Ranch salad dressing.

Per Serving (excluding unknown items): 978 Calories; 18g Fat (16.2% calories from fat); 58g Protein; 153g Carbohydrate; 26g Dietary Fiber; 71mg Cholesterol; 74mg Sodium. Exchanges: 10 Grain(Starch); 4 Lean Meat; 1 Vegetable; 2 1/2 Fat.