

Panko-Crusted Fried Green Tomatoes

*W. Wayt Gibbs - Associated Press
Palm Beach Post*

Servings: 4

*Canola oil, as needed for deep-frying
2 medium green tomatoes
5/8 cup cornmeal
1/3 cup panko breadcrumbs
1/2 teaspoon ground black pepper
1/4 teaspoon cayenne pepper
1/4 cup cultured buttermilk
1/4 cup (2 eggs) blended whole eggs
salt (to taste)*

Bring a medium pot of water to a boil. Fill a bowl with ice water.

In a tall pot or saucepan, pour at least two inches of oil. The pot must be no more than half full. Set the pan over medium-high and heat the oil to 390 degrees.

Use a paring knife to cut the core out of each tomato.

Once the water is boiling, add the tomatoes and blanch for one minute. Use a slotted spoon to transfer the tomatoes to the ice water. When cool enough to handle, remove the tomatoes and peel away the skins. Cut each tomato into slices 1/4-inch thick.

In a wide shallow bowl, mix together the cornmeal, panko, black pepper and cayenne. In a second wide shallow bowl, whisk together the buttermilk and eggs.

Dredge the tomato slices first through the buttermilk mixture and then the panko mixture to thoroughly coat them.

When the oil has reached 390 degrees, working in batches of three slices carefully fry the tomatoes for two minutes or until golden brown. Use a slotted spoon to transfer the tomatoes to a paper towel-lined plate and season with salt.

Per Serving (excluding unknown items): 105 Calories; 1g Fat (5.8% calories from fat); 3g Protein; 22g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 29mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 0 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	105	Vitamin B6 (mg):	.1mg
% Calories from Fat:	5.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	81.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	12.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	19mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	1mg	% Refused:	0.0%
Carbohydrate (g):	22g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	29mg	Vegetable:	1
Potassium (mg):	246mg	Fruit:	0
Calcium (mg):	32mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	21mg		
Vitamin A (i.u.):	715IU		
Vitamin A (r.e.):	72RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 105 **Calories from Fat:** 6

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 1mg	0%
Sodium 29mg	1%
Total Carbohydrates 22g	7%
Dietary Fiber 3g	10%
Protein 3g	
Vitamin A	14%
Vitamin C	36%
Calcium	3%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.