

Whoa, Momma, Fried Green Tomatoes

I've blended many reviewer suggestions for fried green tomatoes with an ingredient my elderly ex mother-in-law suggested. The result is a sweet, hot combination that delights fried green tomato lovers. Serve with ranch or blue cheese dressing as dip.

Recipe by **d newman**

Prep Time: 10 mins

Cook Time: 10 mins

Additional Time: 30 mins

Total Time: 50 mins

Ingredients

½ cup hot sauce

¾ cup all-purpose flour

2 tablespoons brown sugar

1 dash grill seasoning

salt and ground black pepper to taste

2 eggs, beaten

½ cup milk

1 cup panko bread crumbs, or as needed

2 green tomatoes, sliced

1 cup vegetable oil

Directions

Step 1

Put hot sauce in small dish for dipping. Mix flour, brown sugar, grill seasoning, salt, and pepper in a separate small dish. Beat eggs into milk in a third dish. Pour panko in a fourth shallow dish. Arrange dishes in a line, respectively.

Step 2

Dip one side of each tomato slice in hot sauce. Press each side of tomato into flour mixture to coat; dip into milk mixture. Gently press tomato slices into panko to coat. Arrange coated tomatoes on a baking sheet. Refrigerate until chilled, about 30 minutes.

Step 3

Heat oil in a deep-fryer or a cast-iron skillet to 375 degrees F (190 degrees C).

Step 4

Fry tomato slices in hot oil until golden brown, 2 to 3 minutes per side.

Editor's Note:

The nutrition data for this recipe includes the full amount of the breading ingredients. The actual amount of the breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature, ingredient density, and the specific type of oil used.

Nutrition Facts

Per serving: 292 calories; total fat 10g; saturated fat 2g; cholesterol 84mg; sodium 932mg; total carbohydrate 49g; dietary fiber 1g; total sugars 11g; protein 10g; vitamin c 35mg; calcium 67mg; iron 2mg; potassium 275mg