SHOPPING LIST

Fried Green Tomatoes

- ◯ All-Purpose Flour
- ◯ Egg
- ◯ Ground Cornmeal
- ◯ Green Tomatoes
- ◯ Kosher Salt
- ◯ Olive Oil

First, check off the items you already have at home.

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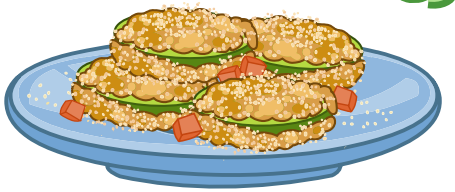
Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Fried Green Tomatoes



VEGETARIAN	TIME	DIFFICULTY	SERVES
V	🕒	M	4
YES	Under 30 min.	Medium	

YOU WILL NEED

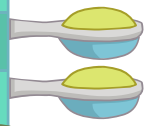
¼ cup all purpose flour

1 large egg, beaten

¼ cup ground cornmeal

4 firm green tomatoes, cut in 1/2 inch slices

¼ teaspoon kosher salt

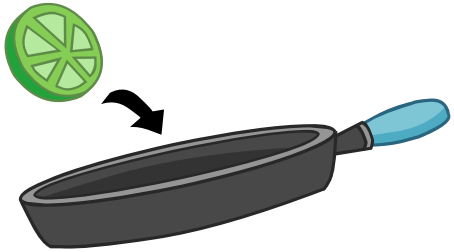


2 tablespoons olive oil, plus more as needed

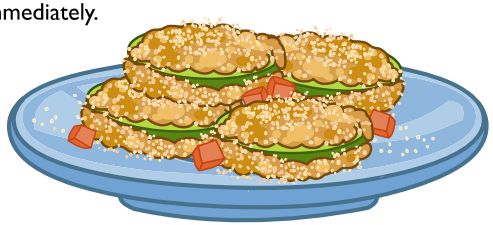
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Place the flour on a small plate, the egg in a small bowl, and the cornmeal on another small plate. Sprinkle the tomatoes with salt. Dip the tomatoes into the flour, shake off the excess, then dip in the egg-wash, and finally the cornmeal.



STEP 2: Heat the oil in a large skillet over medium heat. When hot, carefully place each tomato in the pan and cook until golden brown, about 2 minutes per side. Transfer to a paper towel-lined plate and serve immediately.



Nutrition Facts

Serving Size 1 Serving (126g)
Servings Per Container

Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	

Vitamin A 15%	• Vitamin C 35%
Calcium 2%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4