

SHOPPING LIST

Fried Green Tomatoes

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

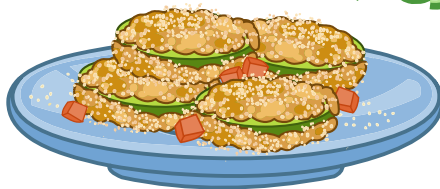
First, check off the items you already have at home.



Lunch Labbers Present SIDE DISHES



Fried Green Tomatoes



VEGETARIAN



YES

TIME



Under 30 min.

DIFFICULTY



Medium

SERVES



4

YOU WILL NEED



$\frac{1}{4}$ cup all purpose flour



1 large egg, beaten



$\frac{1}{4}$ cup ground cornmeal



4 firm green tomatoes,
cut in $\frac{1}{2}$ inch slices



$\frac{1}{4}$ teaspoon kosher salt

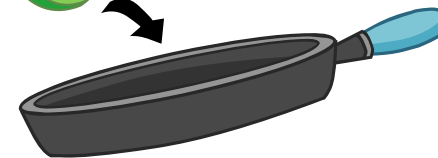


2 tablespoons olive oil,
plus more as needed

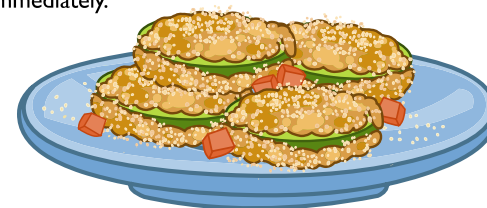
DIRECTIONS

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.



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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 diet of other people's secrets. Percent Daily Values are based on a diet of other people's secrets. Percent Daily Values are based on a diet of other people's secrets. Percent Daily Values are based on a diet of other people's secrets. Percent Daily Values are based on a diet of other people's secrets.

Total Fat 8g 16g 24g 32g 40g 48g 56g 64g 72g 80g 88g 96g 104g 112g 120g 128g 136g 144g 152g 160g 168g 176g 184g 192g 200g 208g 216g 224g 232g 240g 248g 256g 264g 272g 280g 288g 296g 304g 312g 320g 328g 336g 344g 352g 360g 368g 376g 384g 392g 400g 408g 416g 424g 432g 440g 448g 456g 464g 472g 480g 488g 496g 504g 512g 520g 528g 536g 544g 552g 560g 568g 576g 584g 592g 600g 608g 616g 624g 632g 640g 648g 656g 664g 672g 680g 688g 696g 704g 712g 720g 728g 736g 744g 752g 760g 768g 776g 784g 792g 800g 808g 816g 824g 832g 840g 848g 856g 864g 872g 880g 888g 896g 904g 912g 920g 928g 936g 944g 952g 960g 968g 976g 984g 992g 1000g

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