

*From the kitchen of David and Jennifer Deaven*

\$id: fried\_green\_tomatoes.v 1.3 2025/03/02 18:10:15 deaven Exp \$  
Servings: 4  
4. Remove from fry pan to paper-lined plate and garnish with (E). Service with lemon cream sauce.  
milk, shake off and drdge in (C), then fry 3-4 minutes per side in (D) over medium high heat.

## Sides/Fried Green Tomatoes

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- A: 3 green tomatoes, cored and cut into 1/4" slices  
1/2C milk  
2T plain yogurt  
B: 1/4C plain yogurt  
1 lemon juice  
salt and pepper  
C: 1/2C cornmeal, good-quality medium coarse  
1t chili powder  
2t salt  
1/2t black pepper  
1T cumin  
4t lemon zest  
D: 1/2C oil  
E: peas or green beans, blanched and julliened  
1. Combine (A) and coat. Set aside for 10-15 minutes.  
2. Combine (B) and whisk well to make lemon cream sauce, set aside.  
3. In shallow bowl, mix (C). Remove tomatoes from yogurt



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