



## Fried Green Tomatoes

### Supplies

skillet

large Fork

two small bowls

two paper towels

plate

### Ingredients

3 medium sized tomatoes

1 egg white

1/2 cup of breadcrumbs

1/2 tablespoon garlic powder

1/2 tablespoon onion powder

1/2 teaspoon sea salt

1 teaspoon black pepper

extra virgin olive oil

### Directions

Wash and dry tomatoes. Cut tomatoes 1/4 inch thick.

Place one egg white in a bowl.

In another bowl, combine breadcrumbs, garlic powder, onion powder, sea salt and black pepper.

Pour oil into skillet and warm to medium heat.

Place two paper towels on top of the plate.

Dredge the tomatoes slices through the egg white and then coat with breading mixture. Cook 2-3 minutes on each side until tender and breading is golden in color.

Place tomatoes on the paper towel covered plate to allow oil to be absorbed.