

## **Fried Green Tomatoes**

2 green tomatoes  
½ cup milk substitute (rice, hemp, or soy milk)  
1 tablespoon olive oil  
¼ cup cornmeal  
½ cup gluten free [breadcrumbs](#)  
½ teaspoon each salt and pepper  
¼ teaspoon paprika  
1 ½ teaspoons chopped or dry parsley  
vegetable and olive oil for frying

Set out two small glass pie plates. Place the milk substitute and olive oil in one and all the dry ingredients--cornmeal, GF breadcrumbs, salt, pepper, paprika and parsley--in the other.

Whisk the "milk" and olive oil together. Then, in the other dish, mix the dry ingredients with a fork.

Heat about ¼ inch vegetable oil in a cast iron frying pan over medium high heat. I like to use canola or grapeseed oil with a few tablespoons of olive oil for taste.

Slice the tomatoes into ¼ inch slices. Dip them first in the "milk"/olive oil mixture and then in the corn flour/breadcrumb mixture coating both sides thoroughly.

Place each round carefully into the hot oil. Fry for a minute or so until one side is brown then gently flip it over and brown the other side. Remove to a paper towel lined plate.

Don't overcrowd the frying pan and be sure to add more oil if necessary in later batches. If you don't keep the oil level high enough they will have a tendency burn.

Serve the tomatoes warm.