

Fried Green Tomatoes



It shouldn't surprise you to learn that this yummy Southern staple started with Native Americans from the region [frying up some fresh tomatoes](#).

- **Ingredients:**
- 4 large green tomatoes
- 1 tsp. salt
- Pinch black pepper
- 2 cups coarse ground yellow cornmeal
- Lard or vegetable shortening

Instructions: Slice the tomatoes to about half an inch and sprinkle with the salt. Let them sit for 10 or 15 minutes. Blot dry with paper towels, then sprinkle with pepper.

Dip the slices into cornmeal and heat your lard or oil in a large skillet, then fry the slices until both sides are brown.