



CSA Recipes - Week of July 30th

Fried Green Tomatoes

Adapted from the Grandbaby Cakes, <https://grandbaby-cakes.com/fried-green-tomatoes/>

Ingredients:

3 fresh green tomatoes cut into 1/4 inch slices
Salt and pepper to taste
1/2 cup all-purpose flour
2 large eggs beaten with 1 tablespoon water
1/2 cup yellow cornmeal
1/2 cup panko crumbs
1/8-1/4 teaspoon paprika optional- go up to 1/4 teaspoon if you like spicy foods
oil for frying

Directions:

Liberally season green tomato slices with salt and pepper on both sides. Add flour and eggs to two separate small bowls.

Combine cornmeal, panko crumbs and paprika into another small bowl and whisk together.

Begin by dipping each seasoned tomato slice into flour coating on both sides. Next add floured tomato slice to eggs coating on both sides.

Lastly dip into cornmeal and crumb mixture and set aside finished slice on baking sheet. Repeat dredging process, starting with flour, until all slices are coated.

Heat oil in a frying pan over medium high heat. Fry tomato slices on both sides until golden brown and drain on paper towels. Serve warm.

Zucchini & cherry Tomato Curry

Adapted from The Steaming Pot <https://www.steamingpot.com/zucchini-cherry-tomato-mustard/>

Ingredients:

1 small zucchini
1 pint cherry tomatoes
1/2 tablespoon Ground mustard (increase if you like it sharper)
1/2 teaspoon paprika powder
6 cloves garlic
Salt - to taste
1/4 teaspoon turmeric
1 large pinch curry powder of your choice



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1/2 tablespoon mustard oil (substitute with chili oil or a neutral oil if mustard oil is unavailable)

Slivered mint leaves - for garnish

Directions:

Peel and crush garlic. Cut zucchini into 1/2inch-sized pieces. Heat mustard oil (or substitute oil) in a skillet.

When the oil is hot, set heat to low and add curry powder and crushed garlic. When the garlic begins to turn golden, set heat to medium and add cherry tomatoes. Stir around.

After a minute, add turmeric, chopped zucchini, and salt. Stir and cook for 2-3 minutes. Then add ground mustard.

Mix, cook covered for 6-7 minutes, or till the zucchini has softened and cherry tomatoes have started oozing out their juices.

Add paprika and half a cup of water and bring to a boil. Set heat to low and simmer till the zucchini is done - tender but not totally mushy (this should take 4-5 minutes).

Garnish with freshly chopped mint leaves and serve with rice or flatbread!