

Southern Fried Veggies

Ingredients:

Fresh vegetables any assortment
zucchini
okra**
yellow squash
eggplant
green tomatoes
eggs
flour
cornmeal
oil
salt
pepper

Preparation:

Slice vegetables 3 inches thick. Mix equal parts flour and cornmeal. Season with salt and pepper. Dip vegetable slices in egg wash, dredge in flour mixture. Heat oil to 375F. Fry vegetables 1 - 2 minutes per side or until golden brown and crispy. Drain. Serve warm. [**If using okra, you can cook the pods whole. If slicing, omit egg wash.]

Serves: ??

