

vegan fried green tomatoes

Vegan Fried Green Tomatoes: A Crispy, Flavorful Southern Classic Reinvented

Vegan fried green tomatoes are a delightful twist on a Southern staple that has captured the hearts and palates of food lovers everywhere. Traditionally, fried green tomatoes are coated in egg and buttermilk before being dredged in cornmeal and fried to a crispy golden perfection. However, transforming this beloved dish into a vegan-friendly version not only broadens its appeal but also showcases how simple plant-based substitutions can create equally satisfying results. Whether you're a seasoned vegan, someone curious about plant-based cooking, or simply a fan of comfort food with a twist, vegan fried green tomatoes offer a crispy, tangy, and utterly delicious experience.

Why Choose Vegan Fried Green Tomatoes?

When you think about fried green tomatoes, the first thing that comes to mind is that irresistible crunch combined with a tangy, slightly tart flavor from unripe tomatoes. The beauty of going vegan with this dish lies in the ability to preserve that texture and flavor while making it accessible for people with dietary restrictions or preferences.

Choosing vegan fried green tomatoes can also be a healthier option. By swapping out traditional eggs and dairy-based coatings for plant-based alternatives, you reduce cholesterol intake and embrace ingredients rich in fiber and antioxidants. Plus, it's a fantastic way to showcase seasonal produce and elevate humble tomatoes into a gourmet treat.

Plant-Based Ingredients That Make the Difference

The key to perfect vegan fried green tomatoes is in the coating and frying technique. Instead of eggs and buttermilk, many cooks turn to plant-based milks like almond, oat, or soy milk combined with vinegar or lemon juice to create a tangy "buttermilk" substitute. Aquafaba (the liquid from canned chickpeas) is another excellent binding agent that mimics the role of eggs by helping the cornmeal adhere to the tomato slices.

Cornmeal remains the star of the crust, providing that essential crunch and golden color. Some recipes incorporate a blend of cornmeal and flour or add spices like smoked paprika, garlic powder, or cayenne pepper to enhance the flavor profile. This subtle seasoning boost can transform the dish from simple to spectacular.

How to Make Perfect Vegan Fried Green Tomatoes at Home

Crafting vegan fried green tomatoes is easier than many realize, and with a few tips,

anyone can achieve a crispy, flavorful result. Here's a straightforward overview to get you started:

Step-by-Step Preparation

1. **Select the Right Tomatoes**: Choose firm, unripe green tomatoes. They should be tart but not overly hard, which helps maintain a good texture after frying.
2. **Slice Evenly**: Cut the tomatoes into $\frac{1}{4}$ to $\frac{1}{2}$ inch thick slices to ensure even cooking. Thinner slices crisp up better, but thicker ones offer a juicier bite.
3. **Prepare the Vegan "Buttermilk"**: Combine unsweetened plant milk with a tablespoon of apple cider vinegar or lemon juice. Let it sit for 5–10 minutes to curdle slightly—this adds tang and helps the coating stick.
4. **Make the Coating Mix**: In a shallow bowl, mix cornmeal with a bit of flour, salt, pepper, and any preferred spices. Some like to add nutritional yeast for a subtle umami flavor.
5. **Dredge the Tomatoes**: Dip each slice first in the vegan buttermilk, then coat thoroughly with the cornmeal mixture.
6. **Fry with Care**: Heat oil in a skillet over medium-high heat. Use a neutral oil with a high smoke point, like avocado or vegetable oil. Fry the tomatoes for about 3–4 minutes per side until golden and crisp. Avoid overcrowding the pan to keep the crust crunchy.
7. **Drain and Serve**: Place fried tomatoes on paper towels to absorb excess oil before serving.

Tips for Achieving the Best Texture and Flavor

- **Use fresh cornmeal**: Older cornmeal can taste stale and won't crisp as well.
- **Don't skip the vinegar in the plant milk**: This acidity is crucial for mimicking the tang of traditional buttermilk.
- **Maintain oil temperature**: Too hot and the crust burns before the tomato softens; too cool and the tomatoes absorb too much oil.
- **Experiment with coatings**: Some recipes add ground flaxseed or crushed nuts for extra crunch and nutrition.

Serving Suggestions and Flavor Pairings

Vegan fried green tomatoes are incredibly versatile and can be enjoyed as an appetizer, side dish, or even a main course component. Here are a few creative ways to serve them:

- **Classic Southern Style**: Serve with vegan ranch or a spicy remoulade sauce for dipping.
- **On Sandwiches**: Layer them on a crusty vegan bun with lettuce, vegan mayo, and pickles for a satisfying sandwich.

- **Salad Topping:** Add sliced fried green tomatoes atop mixed greens with avocado, chickpeas, and a citrus vinaigrette for a refreshing meal.
- **Brunch Favorite:** Pair with vegan scrambled tofu and crispy hash browns for a hearty breakfast.

For sauces, consider a smoky chipotle aioli made from vegan mayo or a tangy tomato jam to complement the acidity of the fried tomatoes.

Exploring Regional and Global Variations

While the Southern United States is famous for fried green tomatoes, vegan adaptations have opened doors to global twists. For example, some chefs incorporate spices like cumin, turmeric, or coriander into the coating for a Middle Eastern flair. Others might top the fried slices with fresh herbs such as cilantro or basil and drizzle with a balsamic reduction for an Italian-inspired appetizer.

Additionally, swapping out cornmeal for chickpea flour or panko breadcrumbs can introduce new textures and flavor nuances, allowing the dish to fit seamlessly into various culinary traditions.

Nutritional Benefits of Vegan Fried Green Tomatoes

Beyond their delicious taste, vegan fried green tomatoes offer several nutritional perks, especially when prepared with wholesome ingredients and mindful cooking methods.

- **Rich in Antioxidants:** Green tomatoes contain lutein and zeaxanthin, antioxidants that support eye health.
- **High in Fiber:** The cornmeal coating contributes dietary fiber, aiding digestion.
- **Lower in Saturated Fat and Cholesterol:** Using plant-based oils and skipping dairy and eggs reduces unhealthy fats.
- **Source of Vitamins:** Tomatoes provide vitamin C and vitamin K, important for immune and bone health.

Keep in mind that frying adds calories, so pairing vegan fried green tomatoes with fresh salads or steamed vegetables helps balance the meal.

Healthier Cooking Alternatives

If you want to enjoy vegan fried green tomatoes with less oil, consider baking or air frying them. Both methods maintain crispiness while cutting down on fat content:

- **Baking**: Preheat the oven to 425°F (220°C), place coated tomato slices on a parchment-lined baking sheet, and lightly spray with oil. Bake for 15-20 minutes, flipping halfway through.
- **Air Frying**: Set the air fryer to 400°F (200°C) and cook the tomatoes for 10-12 minutes, shaking the basket occasionally to ensure even crisping.

These alternatives are great for weeknight meals or when you crave a lighter version without sacrificing flavor.

Final Thoughts on Embracing Vegan Fried Green Tomatoes

Vegan fried green tomatoes prove that plant-based cooking can honor tradition while offering exciting new possibilities. They are a crowd-pleasing dish that combines comfort, crunch, and tang in every bite. Whether you're serving them at a family gathering, a casual dinner, or as part of a festive brunch, these golden slices bring warmth and flavor to the table without relying on animal products.

Experimenting with different coatings, spices, and dipping sauces can keep this classic fresh and inspiring. Plus, the satisfaction of creating a crispy, flavorful dish from simple ingredients is a joy that resonates with both novice cooks and seasoned chefs alike. So next time you see green tomatoes at the market or in your garden, give vegan fried green tomatoes a try—you might just discover a new favorite comfort food.

Frequently Asked Questions

What are vegan fried green tomatoes?

Vegan fried green tomatoes are slices of unripe green tomatoes that are coated in a plant-based batter or breading and then fried until crispy, without using any animal products like eggs or dairy.

How do you make a vegan batter for fried green tomatoes?

A vegan batter for fried green tomatoes can be made using ingredients like plant-based milk (such as almond or soy milk), flour, cornmeal, spices, and sometimes a flaxseed or chia seed egg substitute to help bind the coating.

Can you use air fryer to make vegan fried green tomatoes?

Yes, you can use an air fryer to make vegan fried green tomatoes by coating the tomato slices with vegan batter and air frying them at around 375°F (190°C) for 10-15 minutes,

flipping halfway through for even crispiness.

What are some good dipping sauces for vegan fried green tomatoes?

Good dipping sauces for vegan fried green tomatoes include vegan ranch dressing, spicy vegan mayo, tangy barbecue sauce, or a simple garlic aioli made with vegan mayonnaise.

Are fried green tomatoes healthy when made vegan?

Vegan fried green tomatoes can be a healthier option compared to traditional versions since they avoid animal fats and cholesterol, but they are still fried, so moderation is key. Baking or air frying can make them even healthier.

Where can I buy green tomatoes for making vegan fried green tomatoes?

Green tomatoes can often be found at farmers' markets, specialty grocery stores, or sometimes in the produce section of regular supermarkets, especially during the late summer and early fall seasons.

What makes green tomatoes suitable for frying compared to ripe tomatoes?

Green tomatoes are firmer and less juicy than ripe tomatoes, which helps them hold their shape and crisp up well when fried, making them ideal for frying compared to the softer, more delicate ripe tomatoes.

Additional Resources

Vegan Fried Green Tomatoes: A Plant-Based Southern Classic Reimagined

vegan fried green tomatoes have emerged as a popular twist on a quintessential Southern comfort food, offering a cruelty-free and health-conscious alternative without sacrificing flavor or texture. Traditionally, fried green tomatoes are made by coating unripe tomatoes in a cornmeal batter and frying them until crisp. However, the vegan adaptation rethinks the batter and frying process to eliminate eggs and dairy, the common animal-derived ingredients in classic recipes. This article delves into the nuances of vegan fried green tomatoes, exploring their culinary appeal, preparation techniques, and nutritional considerations, while situating them within the broader context of plant-based cuisine.

The Rise of Vegan Fried Green Tomatoes in Contemporary Cuisine

Fried green tomatoes have long been celebrated in Southern American cooking, both as a side dish and a star appetizer. Their tangy, firm texture contrasts beautifully with the crunchy, golden crust, offering a sensory experience that resonates with many food enthusiasts. The vegan rendition of this dish aligns with growing consumer interest in plant-based diets, which emphasize sustainability, animal welfare, and health benefits.

The adaptation process involves reimagining the traditional egg wash and buttermilk-soaked batter. Vegan cooks often substitute eggs with flaxseed or chia seed gels, and dairy with plant-based milk varieties such as almond, soy, or oat milk. These alternatives maintain the binding properties necessary for the cornmeal coating while adhering to vegan dietary restrictions. This transition not only makes the dish accessible to vegans but also caters to those with egg or dairy allergies.

Ingredients and Preparation Techniques

Crafting the ideal vegan fried green tomatoes hinges on selecting the right ingredients and mastering the preparation steps. The core ingredients typically include:

- **Green tomatoes:** Firm, unripe tomatoes with a tart flavor.
- **Cornmeal:** Provides the signature crunchy texture.
- **Flour:** Often used alongside cornmeal for binding.
- **Plant-based milk:** Such as almond or soy milk, used for moisture.
- **Egg substitutes:** Flaxseed meal or aquafaba, to replace eggs.
- **Seasonings:** Salt, pepper, garlic powder, and cayenne pepper for flavor.
- **Oil for frying:** Typically vegetable or canola oil with a high smoke point.

The preparation begins by slicing the green tomatoes into uniform pieces to ensure even cooking. The vegan egg substitute, often a flaxseed gel made by mixing ground flaxseed with water, is combined with plant milk to create a batter. Tomato slices are dipped into this mixture, then dredged in a seasoned cornmeal and flour mixture. The coated slices are fried in hot oil until golden brown and crisp, typically taking 3-4 minutes per side.

Nutritional Profile and Health Considerations

When compared with traditional fried green tomatoes, the vegan version can offer certain nutritional benefits, particularly by avoiding cholesterol and saturated fats found in egg and dairy-based batters. However, the frying process itself introduces oil and calories, which should be moderated for those monitoring fat intake.

Green tomatoes themselves are a source of fiber, vitamin C, and antioxidants, which contribute to overall health. The use of whole-grain cornmeal and unrefined flour variants can further enhance the dish's nutritional value. Additionally, choosing heart-healthy oils like avocado or grapeseed oil can improve the lipid profile of the dish.

Nonetheless, vegan fried green tomatoes remain an indulgent dish due to the frying technique. Alternative cooking methods such as baking or air frying have been experimented with, though purists argue these methods alter the signature texture and flavor.

Comparisons: Vegan vs. Traditional Fried Green Tomatoes

A thorough comparison between vegan and traditional fried green tomatoes reveals both challenges and advantages. Traditional recipes typically incorporate beaten eggs and buttermilk to create a rich and adhesive batter. While this lends a distinctive flavor and texture, it excludes those with dietary restrictions.

The vegan approach often requires balancing the moisture and binding capacity of egg substitutes to replicate the crispness and cohesion of the classic batter. Some chefs report that flaxseed or aquafaba can achieve comparable results but may impart subtle differences in taste or density.

In terms of flavor, vegan fried green tomatoes can be equally satisfying when seasoned appropriately. The absence of dairy can make the dish lighter on the palate, which some diners prefer. Texture-wise, the cornmeal crust remains the hallmark, delivering crunchiness irrespective of the batter's composition.

Flavor Enhancements and Serving Suggestions

Enhancing the natural tartness of green tomatoes is key to crafting a memorable vegan fried green tomato dish. Common enhancements include:

- **Spices and herbs:** Paprika, smoked paprika, cayenne, oregano, or thyme can amplify the flavor profile.
- **Dipping sauces:** Vegan remoulade, spicy aioli made from vegan mayonnaise, or tangy barbecue sauces complement the dish well.
- **Accompaniments:** Serving fried green tomatoes atop vegan pimento cheese, alongside fresh greens, or as a sandwich component adds variety and depth.

These additions not only elevate the dish but also offer opportunities to tailor the recipe to individual taste preferences and dietary needs.

Environmental and Ethical Implications of Choosing Vegan Fried Green Tomatoes

The growing popularity of vegan fried green tomatoes reflects wider environmental and ethical trends in food consumption. Plant-based diets are associated with lower greenhouse gas emissions, reduced water usage, and less land degradation compared to diets high in animal products. By substituting animal-derived ingredients in traditional recipes, vegan fried green tomatoes contribute to this shift towards sustainable eating.

Moreover, vegan adaptations promote inclusivity, catering to diverse dietary choices and restrictions. This ensures that beloved dishes remain accessible to a broader audience, encouraging cultural preservation without compromising ethical standards.

In conclusion, vegan fried green tomatoes stand as a testament to culinary innovation within plant-based cooking. They honor the heritage of Southern cuisine while embracing modern dietary values, resulting in a dish that is flavorful, textured, and conscientious. Whether enjoyed as a snack, side, or centerpiece, they offer an inviting option for those seeking to explore vegan comfort foods with authenticity and creativity.

Vegan Fried Green Tomatoes

vegan fried green tomatoes: The Southern Vegan Kitchen for beginners Rosalie Emberlin, 2025-08-28 Love Southern food but cookin' plant-based (or just curious)? You're in the right kitchen, y'all. The Southern Vegan Kitchen for Beginners keeps all the soul—crispy, smoky, creamy, sweet—without the meat, dairy, or fuss. With playful illustrations and step-by-step help, Rosalie Emberlin shows you how to work that cast-iron, layer flavor like Grandma taught us, and turn weeknights into porch-supper magic. Inside, you'll find: · The flavor roadmap—how to build heat, smoke, and tang with simple pantry staples, plus cast-iron tricks and smart swaps that'll have folks asking, "How is this vegan?!" · Clear, picture-guided steps so first-timers feel steady from prep to plate. · Cook times, yields, GF notes, and nutrition per serving—plan Sundays, weeknights, and potlucks without guesswork. · Air-fryer & stovetop options when crunch matters—no deep-fryer required. · Pantry & produce guides so you know what to keep on hand, what to swap, and how to save a dollar without skimpin' on flavor. · Fix-it tips right on the page (too soggy, browning too fast, sauce too thin) so supper still lands just right. Cook the Southern way you love—starters that welcome, mains that stick to your ribs, sides that show out, desserts that make you linger, and sips that cool the porch. Whether you grew up on simmered greens or you're brand new to Southern cookin', these recipes honor tradition while staying kind to your body, your budget, and the earth. If you're after the crunch of Sunday "fried chicken," the comfort of beans and rice, the warmth of cobbler, and a tall glass of sweet tea—without fancy ingredients or fussy steps—this is your go-to kitchen companion. Pull up a chair, warm that skillet, and let's cook somethin' worth rememberin'.

vegan fried green tomatoes: The 30-Minute Vegan: Soup's On! Mark Reinfeld, 2025-05-01 In this definitive guide to vegan soups, -- award-winning chef Mark Reinfeld gives you all the tools and tips to create easy, flavorful meals -- within thirty minutes or less. Prepare to feast upon a wide array of plant-based soups-from consomm's to stews, chowders to raw and dessert soups. From a selection of stocks to irresistible toppings and accompaniments, these inspired recipes cover a broad spectrum of international cuisine. Soup's On! contains an inspiring foreword by Dr. Neal Barnard

and is divided into six sections: Part One: The Art of Soup Creation, -- with recipes for stocks such as Roasted Vegetable Stock, Mushroom Stock, and Dashi; Part Two : Vegetable-based Soups, --including favorites such as French Onion Soup, Thai Coconut Soup with Lemongrass, Mayan Tomato and Corn, and African Peanut; Part Three: Soups and Stews with Grains, Legumes and Pasta, -- with classics like Wonton Soup, Matzo Ball Soup, Himalayan Dahl, and Brazilian Black Bean with Baked Plantains; Part Four: Creamy Blended Soups, -- with crowd pleasers like New England Chowder, Roasted Squash with Coconut, Creamy Fire-Roasted Tomato and Dill, and Cheesy Cauliflower Soup; Part Five: Raw and Dessert Soups, -- including cutting edge recipes for Spicy Strawberry Soup, Golden Gazpacho with Saffron, Raw Corn Chowder, and Raw Chocolate Mint Soup with Raspberries; Part Six: Garnishes and Sides, -- with recipes for Candied Pepitas, Vegan Creme Fraiche, Herbed Croutons, and Corn Bread. Soup's On! proves that you don't need meat or dairy -- or a lot of time -- to have a hearty, satisfying meal in a bowl!

vegan fried green tomatoes: California Vegan Sharon Palmer, 2021-03-15 Plant-powered dietitian Sharon Palmer tells the diverse story of California veganism with recipes showcasing local produce and celebrating the cultural roots, historical legacy, and future of plant-based pioneers in the state. California is where vegan culture all began, and where a diverse group of innovators continue breaking new ground. From the first glimpses of California cuisine in the 1970s to today's Silicon Valley startups revolutionizing the way America eats, the Golden State starts the veggie trends the rest of the country follows. Featuring over 100 plant-based recipes with full nutritional information and illustrated with original photography, California Vegan welcomes Californians into veganism and vegans all over the world into California.

vegan fried green tomatoes: The Great Vegan Grains Book Celine Steen, Tamasin Noyes, 2015-11-15 Enjoy over 100 whole-grain vegan recipes for every meal and occasion! Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans. That's where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too! Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as: - Quinoa Breakfast Pilaf - Apple and Oats French Toast - Sausage Smash Potato Hash - Spelt and Bean Burritos - Tempeh Buckwheat Bowl - Teff and Pea Fritters - Cracked Wheat Koftas - Roasted Corn and Barley Chowder - Warm Farro and Sweet Potato Salad Also enjoy gluten-free vegan recipes, such as: - Apricot Oats - Polenta Topped Mexi-Beans - Chickpea Millet Curry - Harissa Veggies and Rice Skillet - Spinach and Basil Quinoa - Sesame Purple Rice

vegan fried green tomatoes: Vegan Soul Food Cookbook Nadira Jenkins-El, 2020-06-16 Soul food goes vegan—101 plant-based takes on comfort food classics If you love classic soul food but are hungry for options that don't rely on meat or dairy, the Vegan Soul Food Cookbook is here to delight your taste buds. It's full of mouthwatering, plant-based versions of comforting favorites like Gumbo, Biscuits and Gravy, and Cajun Fried Chicken that are totally vegan but still hearty, delicious, and satisfying. This vegan soul food cookbook features: Authentic flavors for everyone—Dig in to 101 modern twists on soul food staples that use only wholesome, plant-based ingredients. Easy and accessible—These recipes only include vegan ingredients that are affordable, easy to find, and easy to prepare at home. The vegan basics—Get a crash course in what it means to go vegan, how it helps your health (and the environment), and the fundamentals of veganizing comfort foods. Savor a new take on beloved soul food favorites with the Vegan Soul Food Cookbook.

vegan fried green tomatoes: The Complete Vegan Kitchen Jannequin Bennett, 2007-07-15 The Complete Vegan Kitchen includes: more than 300 mouth-watering recipes a helpful introduction about eating vegan 16 pages of beautiful full-color photographs Overall this is one of the best vegan

cookbooks I have read. ?Famousveggie.com Vegan eating is a truly indulgent way of life, as vegans regularly partake of the very best foods?the most nutritious, appealing, and tasty?that nature has to offer. . . . A well-crafted vegan plate offers a festival of flavors, textures, and colors that makes every meal an aesthetic celebration. ?Jannequin Bennett The Complete Vegan Kitchen is a most informative, upbeat, and useful vegan cookbook. Jannequin Bennett's talents as a chef shine through every recipe, from comfort foods to adventurous culinary creations. The powerful nutrition information in the first forty pages alone is worth the price of the book! ?Neal D. Bernard, M.D., president, Physicians Committee for Responsible Medicine The Complete Vegan Kitchen is extraordinary. It's appropriate that Carl Lewis introduced this cookbook because the recipes deserve a gold medal! ?Eric Marcus, author, Vegan: The New Ethics of Eating

vegan fried green tomatoes: The Ultimate Vegan Cookbook Emily von Euw, Kathy Hester, Amber St. Peter, Marie Reginato, Celine Steen, Linda Meyer, Alex Meyer, 2018-10-23 The Only Vegan Cookbook You'll Ever Need Seven standout authors have joined forces to create this definitive vegan reference book. With more than 600 recipes, this indispensable kitchen staple is perfect for seasoned vegans looking to build their repertoires, cooks new to the basics of plant-based cuisine and curious meat-eaters on the hunt for new flavors. Gluten-free, soy-free and sugar-free options are included, and many recipes come together in 30 minutes or less. Offering unbeatable variety and covering everything from main dishes, sides, soups and salads to breakfasts, beverages, desserts and pantry staples, these experienced and creative vegan authorities have you covered.

vegan fried green tomatoes: The Vegan Planet Robin Robertson, 2003-01-07 This book introduces a world of delicious choices to the millions of Americans who are vegans, vegetarians looking to move away from dairy, or non-vegetarians who have food sensitivities. 400 recipes. 125 illustrations.

vegan fried green tomatoes: Vicki's Vegan Kitchen Vicki Chelf, 2012-04-10 Vegan dishes are healthy, delicious, and surprisingly easy to make. Yet many people are daunted by the idea of preparing meals that contain no animal products. For them, and for everyone who loves great food, vegetarian chef Vicki Chelf presents Vicki's Vegan Kitchen, a comprehensive cookbook designed to take the mystery out of meatless meals. The book begins by offering tips for making nutritious food choices, as well as an extensive glossary of ingredients. Vicki then discusses the simple kitchen equipment you need to have on hand and explains basic cooking techniques. Following this are twelve chapters packed with over 350 recipes for delicious dips, scrumptious soups, pleasing pastas, decadent desserts, and much, much more. Whether you're interested in compassionate cooking, you value the benefits of a meat-free diet, or you just want to treat your family to a wonderful meal, Vicki's Vegan Kitchen will bring delectable vegan fare to your kitchen table.

vegan fried green tomatoes: Vegetarian Times , 1993-06 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

vegan fried green tomatoes: Vegan Eats World Terry Hope Romero, 2012-10-30 From the coauthor of the national bestseller Veganomicon, here is a major new vegan bible on international cuisine.

vegan fried green tomatoes: If It Makes You Healthy Sheryl Crow, Chuck White, Mary Goodbody, 2011-03-29 Known as much for her youthful looks and natural chic as she is for her sunny and heartfelt songs, Sheryl has written a cookbook that is true to her style Rock star. Activist. Mother of two. How does Sheryl Crow have time to keep so healthy and fit? Sheryl knows how to eat right and deliciously thanks to personal chef Chuck White, affectionately known as Chef Chuck. The duo met while Sheryl was battling breast cancer, which for her, was a wake-up call to eat better. Since then, Chuck has taught Sheryl how to do just that by cooking foods that are seasonal, locally grown, and vitamin-rich to keep her on top of her game and always ready to perform. This wholesome approach to every dish has been successfully integrated into all aspects of Sheryl's busy

life—from dinner parties, to touring, to settling in at home near Nashville, TN with her two sons, Wyatt and Levi. Now Sheryl and Chuck want to bring their nutritious, delicious creations from her kitchen into yours. Rock-and-roll flavored throughout, *If It Makes You Healthy* will have a full menu of approximately 125 recipes grouped seasonally, which reflects Sheryl's busy schedule: Summer months offer tomatoes and corn, and summer also puts Sheryl on the road. Fall and winter brings apples and winter squash, when Sheryl is at home and in the studio. From the big entertaining menus that are prepared for her crew while touring (Mojito braised pork) to small home-cooked meals for Sheryl and her children (basil and apple marinated chicken)—all lushly photographed by Victoria Pearson—this book will be filled with easy and flavorful recipes anyone can make. Along the way, Sheryl opens up about touring and home life with stories about her childhood, her early years as a backup singer, and her eventual stardom.

vegan fried green tomatoes: Simple To Gourmet Vegan Peter Tarantelli, 2020-08-08 The only vegan cookbook you need. Over 430 personal recipes, Stromboli, Tempura, Strawberry Shortcake, Indian Butter Tofu, Homemade Perogies, delicious salads, Eggplant Parmesan, Vodka Pasta, Avocado Fries, Tres Leches, Pesto Stuffed Mushrooms, Homemade Pizzas, Breads, Rolls, Calzones, Tomato Pie, Homemade Gnocchi, delicious sides, entrees and desserts.

vegan fried green tomatoes: Quick and Easy Low-Cal Vegan Comfort Food Alicia C. Simpson, 2012-05-15 At last, vegan food that packs a heaping helping of comfort without the extra calories! Alicia C. Simpson, the master of vegan comfort food, is back again with food that's crave-worthy and conscience-friendly: 150 satisfying, flavorful, all-new recipes to enjoy from breakfast to dinner and anytime in between. However you define "comfort food," Alicia's got you covered with down-home Southern standards, Tex-Mex fiesta favorites, backyard BBQ fare, ole-fashioned one-dish meals, riffs on classic takeout—and a few surprises destined to become new standbys: Baked Hush Puppies • Hoppin' John • Sweet Potato Salad • Meatball Soup • Carolina BBQ Sammich • Chik'n Pot Pie • Kung Pao Tofu • Gyros with Tzatziki Sauce • Butter Rum Pound Cake • Ooey Gooeys • Mexican Hot Cocoa • and more! Every recipe includes detailed nutritional data on calories, carbohydrates, fat, fiber, and more. Plus, suggested daily menus, ranging from 1,400 to 2,000 calories, make it easier than ever to start cooking food that's good—in every sense of the word!

vegan fried green tomatoes: Delicious AF Vegan Lauren Boehme, 2023-09-26 This new collection from Rabbit & Wolves is a comfort food lover's dream and I whole-heartedly approve! I'm obsessed with the flavor combos. - Lauren Toyota, creator of hot for food and bestselling author of *Vegan Comfort Classics: 101 Recipes to Feed Your Face All the Familiar Flavors You Love Made Vegan* Discover your new favorite feel-good recipes from Lauren Boehme, bestselling author of *Southern Vegan*. Her latest cozy collection packs in 100 recipes that are as hearty as they are innovative, proving once again that Lauren is a master at marrying flavors for ingenious mashups. Think: Sweet Pepper Cheezesteak Burritos, Jalapeño Popper Loaded Nachos, Chai Latte Crepes, Black Forest Cinnamon Rolls and Funfetti Cake Ice Cream. With these crowd-pleasing dishes on your table, every meal of the day will be something incredible to look forward to. Devour a big, delicious bowl of Scratch-Made Biscuit and Broccoli Cheddar Cobbler, or prepare the feast of your dreams with a Cider-Braised Pot Roast that will warm up even the chilliest evening. Put your feet up while one-pot Spicy Lasagna Soup simmers on the stove, be the star of your next potluck with Fried Green Chile Mac and Cheese Dippers or settle in for a cozy night with decadent Carrot Cake Sticky Toffee Pudding. Never before have the options for plant-based eating been more expansive, more delicious or more comforting!

vegan fried green tomatoes: 1,000 Vegan Recipes Robin Robertson, 2011-05-23 A treasury of meat-free, dairy-free delights from "an acclaimed authority on vegan cooking" (Publishers Weekly). These delicious recipes, for breakfast, lunch, dinner and everything in between, are cholesterol-free, low in saturated fat, and high in fiber and complex carbohydrates. You'll get crowd-pleasing appetizers and snacks like Mango-Avocado Spring Rolls and Savory Artichoke Squares and family favorites like Vegan Margarita Pizza and Baked Mac and Cheese. Best of all,

Robin Robertson gives you an endless variety of recipes from a diverse range of cultures—with something to suit everyone's taste. For anyone interested in healthy, delicious eating that's also ethically and environmentally responsible, 1,000 Vegan Recipes: Includes a "FAST" icon featuring quick and easy recipes that can be ready in 30 minutes or less Provides kid-friendly recipes to help you get your kids to eat more nutritious foods Offers detailed information and guidelines on ingredient substitutions, special nutritional concerns, and a handy list of important pantry staples Presents vegan alternatives to restaurant favorites with recipes such as Penne with Vodka-Spiked Tomato Sauce, Fajitas Without Borders, Cheezecake with Cranberry Drizzle, Vegan Tiramisu, and vegan ice creams, sorbets, and granitas

vegan fried green tomatoes: *The Wonder Boy of Whistle Stop* Fannie Flagg, 2021-08-03 NEW YORK TIMES BESTSELLER • A heartwarming novel about secrets of youth rediscovered, hometown memories, and the magical moments in ordinary lives, from the beloved author of *Fried Green Tomatoes at the Whistle Stop Cafe* "A gift, a blessing and a triumph . . . celebrates the bonds of family and friends—and the possibilities of recovery and renewal."—*The Free Lance-Star* Bud Threadgoode grew up in the bustling little railroad town of Whistle Stop with his mother, Ruth, church-going and proper, and his Aunt Idgie, the fun-loving hell-raiser. Together they ran the town's popular Whistle Stop Cafe, known far and wide for its fun and famous fried green tomatoes. And as Bud often said of his childhood to his daughter Ruthie, "How lucky can you get?" But sadly, as the railroad yards shut down and Whistle Stop became a ghost town, nothing was left but boarded-up buildings and memories of a happier time. Then one day, Bud decides to take one last trip, just to see what has become of his beloved Whistle Stop. In so doing, he discovers new friends, as well as surprises about Idgie's life, about Ninny Threadgoode and other beloved Fannie Flagg characters, and about the town itself. He also sets off a series of events, both touching and inspiring, which change his life and the lives of his daughter and many others. Could these events all be just coincidences? Or something else? And can you really go home again?

vegan fried green tomatoes: *The Modern Mountain Cookbook* Jan A. Brandenburg, 2025-03-18 Between soup beans seasoned with bacon grease, pot roast, and gravy-drowned meatloaf, Appalachian cuisine is known for featuring plenty of meat. Even seemingly innocent sides like potato salad and mac and cheese often contain animal products. Though adopting a plant-based diet comes with life-changing benefits, it has also stopped many people from enjoying the food they were raised on. Embracing her grandmother's fearless approach to cooking while staying true to her own beliefs, Appalachian vegan Jan A. Brandenburg has diligently worked to create a cookbook that captures the flavor and comfort that came with every bite of her favorites from back home. In *The Modern Mountain Cookbook: A Plant-Based Celebration of Appalachia*, Brandenburg updates the meals of her eastern Kentucky childhood to make them accessible to everyone—including cooks of any skill level—looking to incorporate more veg-friendly fare into their rotation. From eggless scramble for breakfast to fried chick'n for supper, this innovative cookbook provides readers with an extensive menu of delicious, cruelty-free dishes fit for all occasions. Brandenburg feeds both body and soul as she folds in lessons learned from generations of women and memories of family gatherings around the table with sure-to-please recipes, including creamy potato soup, country-fried steak, roasted jalapeno pimento cheese, hash brown and broccoli casseroles, and bourbon pecan pie. Appalachian and plant-based cooking are no longer at odds—people who love country classics can preserve their culinary traditions while eating a healthier, more ethical diet. With *The Modern Mountain Cookbook* in one hand and a cast-iron skillet in the other, you can have your pineapple upside-down cake and eat it, too.

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