

Green Tomato Casserole

I love the tangy taste of fried green tomatoes, but they are, well...fried! And messy to make. I developed this recipe to help assuage my hunger for fried green tomatoes, and yes, it does the job quite well. Without all the grease and batter, the tangy taste of the tomato can really shine through!

Recipe by **Kevin Andrews** | Published on March 5, 2020

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 1 hrs

Ingredients

- 6 green tomatoes, cut into 1-inch cubes
- 3 stalks celery, cut into 1/2-inch pieces
- 16 green onions (white and pale green parts only), chopped
- 1 bunch cilantro, chopped
- 5 tablespoons soy sauce
- ¼ cup olive oil
- 1 tablespoon brown sugar
- 1 tablespoon apple cider vinegar
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- ½ teaspoon red pepper flakes

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Mix green tomatoes, celery, green onions, and cilantro together in a 2-quart casserole dish. Whisk soy sauce, olive oil, brown sugar, vinegar, black pepper, salt, and red pepper flakes together in a bowl; pour over vegetable mixture. Toss to coat.

Step 3

Bake in the preheated oven until vegetables are tender, about 45 minutes; stir about 20 minutes into cooking to redistribute sauce.

Cook's Note:

If you don't have a garden, finding green tomatoes can be tricky. Ask the produce person at your grocery store. Tomatoes

often arrive at the store green and are allowed to ripen before being put out on display. They may have some in the back or if you ask, they can hold some for you. You can also substitute tomatillos, but they really aren't the same thing.

Nutrition Facts

Per serving: 215 calories; total fat 14g; saturated fat 2g; sodium 1484mg; total carbohydrate 21g; dietary fiber 5g; total sugars 13g; protein 5g; vitamin c 60mg; calcium 98mg; iron 3mg; potassium 755mg