



Air Fried Green Tomatoes are a delicious, healthier alternative to the traditional fried green tomatoes you might find at your favorite Southern diner. Using an [air fryer](#), this recipe gives you that crispy, golden-brown texture without the excess oil, making it a lighter option for those watching their calories or looking for a guilt-free snack.

In this guide, we'll take you through everything you need to know about air fried green tomatoes—whether you're trying to avoid breading, follow a vegan or keto diet, or simply want a quick and easy recipe for this classic dish.

What Are Air Fried Green Tomatoes? A Simple Overview

Air fried green tomatoes are exactly what they sound like: green tomatoes that are coated in a breading (or sometimes not) and cooked in an air fryer instead of deep-frying them in oil. The result is a crispy, crunchy exterior and tender, juicy interior, much like the traditional fried green tomatoes, but with significantly fewer calories and less fat. The air fryer uses hot air circulation to cook the tomatoes, creating a similar texture to frying but without the greasy aftermath.

This method of cooking has become increasingly popular due to its ability to produce crispy dishes with little to no oil. Whether you prefer your green tomatoes with breading or without, the air fryer offers flexibility for making this Southern favorite healthier.

How to Make Air Fried Green Tomatoes Without Breading

If you're trying to reduce carbs or avoid breading altogether, you can still enjoy crispy green tomatoes with your air fryer. Air fried green tomatoes without breading require just a few ingredients and a slightly different cooking approach.

Ingredients:

- 3 medium green tomatoes
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional seasonings: garlic powder, onion powder, paprika, or herbs like basil and oregano



Instructions:

1. **Prepare the tomatoes:** Wash and slice the green tomatoes into ¼-inch thick slices.
2. **Season the tomatoes:** Drizzle the olive oil over the tomato slices and season with salt, pepper, and any optional spices you desire.
3. **Preheat the air fryer:** Preheat your air fryer to 375°F (190°C) for about 5 minutes.
4. **Air fry the tomatoes:** Place the seasoned tomato slices in the air fryer basket, making sure they are not overcrowded. Cook for 8-10 minutes, flipping halfway through.
5. **Serve and enjoy:** Once the tomatoes are golden and crispy, remove them from the air fryer and serve with your favorite dipping sauce.

These air fried green tomatoes without breading are not only easy to make but also much lower in calories compared to the traditional version. They are perfect for those on low-carb or keto diets.

The Best Air Fried Green Tomatoes Recipe for Beginners

If you're new to cooking with an air fryer, this simple recipe is a great starting point. This air fried green tomatoes recipe features a classic breading that will give you the crispy exterior you expect from fried green tomatoes.

Ingredients:

- 4 green tomatoes
- 1 cup cornmeal
- 1 cup all-purpose flour (or gluten-free flour for a gluten-free option)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- 1 egg (or a vegan egg substitute)
- ½ cup buttermilk or plant-based milk

Instructions:

1. **Slice the tomatoes:** Wash and slice the green tomatoes into thick ½-inch slices.
2. **Prepare the breading:** In one shallow bowl, combine the flour, cornmeal, garlic powder, onion powder, salt, and pepper. In another shallow bowl, whisk the egg and



buttermilk together.

3. **Coat the tomatoes:** Dip each tomato slice first into the egg mixture, then into the breading mixture, ensuring each slice is coated well.
4. **Preheat the air fryer:** Preheat your air fryer to 375°F (190°C).
5. **Air fry the tomatoes:** Place the breaded tomato slices in the air fryer basket in a single layer. Cook for about 10 minutes, flipping halfway through until golden and crispy.
6. **Serve and enjoy:** Once the tomatoes are crispy, remove them from the air fryer and serve with your favorite dipping sauce, like ranch or remoulade.

This recipe is perfect for beginners because it uses simple ingredients and basic techniques. Plus, the breading adds that traditional texture you crave.

Air Fryer Fried Green Tomatoes: No Cornmeal, No Problem!

If you don't have cornmeal on hand or simply don't like its texture, you can still make crispy air fried green tomatoes. Many variations of this recipe use breadcrumbs, panko, or even crushed crackers as a substitute for cornmeal. Here's how to make them without cornmeal.

Ingredients:

- 4 green tomatoes
- 1 cup breadcrumbs (panko or regular)
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 tablespoon grated Parmesan cheese (optional)
- 1 egg
- ¼ cup milk

Instructions:

1. **Slice and season:** Slice the green tomatoes into thick rounds, then season with salt and pepper.
2. **Prepare the breading:** In a shallow dish, combine breadcrumbs, garlic powder, paprika, and Parmesan cheese. In another dish, whisk together the egg and milk.
3. **Bread the tomatoes:** Dip each tomato slice into the egg mixture, then coat thoroughly with the breadcrumb mixture.



4. **Air fry:** Preheat the air fryer to 375°F (190°C) and place the breaded tomato slices into the air fryer basket. Cook for about 8-10 minutes, flipping halfway through.
5. **Serve:** Once the tomatoes are crispy, remove them from the air fryer and enjoy with your favorite dip or sauce.

This variation allows you to enjoy the crunchy, golden texture of fried green tomatoes without the need for cornmeal.

Healthy Fried Green Tomatoes in the Air Fryer: A Low-Calorie Option

One of the biggest benefits of cooking with an air fryer is that it allows you to enjoy crispy fried foods without the excessive amount of oil used in traditional deep-frying methods. Air fried green tomatoes are the perfect example of how you can make a healthier version of this beloved dish.

How Air Frying Reduces Calories:

Air frying requires little to no oil, which drastically reduces the calorie content of the dish. Traditional fried green tomatoes can absorb a lot of oil, adding unnecessary fat and calories. When cooked in an air fryer, the tomatoes retain their natural flavor and texture but with a fraction of the calories.

Ingredients for a Healthier Version:

- 4 green tomatoes
- 1 tablespoon olive oil or cooking spray
- Salt and pepper to taste
- Optional: Spices like paprika, garlic powder, and onion powder

Instructions:

1. **Prepare the tomatoes:** Slice the green tomatoes and season them with salt, pepper, and any spices you like.
2. **Lightly oil the tomatoes:** Instead of soaking them in oil, drizzle a small amount of olive oil or use a cooking spray to coat the slices lightly.
3. **Preheat the air fryer:** Set the air fryer to 375°F (190°C) for 5 minutes.
4. **Cook the tomatoes:** Place the seasoned tomato slices in the air fryer basket in a



single layer. Cook for 8-10 minutes, flipping halfway through.

5. **Enjoy your healthy air fried green tomatoes:** Serve them as a side dish or snack, knowing you've made a healthier, lower-calorie choice.

Air Fried Green Tomatoes Calories: A Healthier Alternative to Deep-Frying

Understanding the calorie content of your food can help you make better dietary choices. Traditional fried green tomatoes can be high in calories due to the large amount of oil used for frying. However, air fried green tomatoes are much lower in calories, making them a great option for anyone looking to cut down on calorie intake without sacrificing flavor.

Comparing Calories:

- **Traditional Fried Green Tomatoes:** Can contain up to 300-400 calories per serving (depending on size and oil absorption).
- **Air Fried Green Tomatoes:** Typically contain only 100-150 calories per serving, making them a much healthier alternative.

Keto-Friendly Fried Green Tomatoes in the Air Fryer: A Low-Carb Option

If you're following a keto diet, you might be wondering if you can still enjoy fried green tomatoes. Thankfully, air frying allows you to make keto-friendly fried green tomatoes by using low-carb ingredients.

Keto Breading Ingredients:

- 1 cup almond flour
- ½ cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 egg

Instructions:

1. **Prepare the tomatoes:** Slice the green tomatoes and season them with salt and



pepper.

2. **Prepare the keto breading:** Combine almond flour, Parmesan cheese, garlic powder, and paprika in a shallow bowl. In another bowl, whisk an egg.
3. **Coat the tomatoes:** Dip each tomato slice into the egg, then coat thoroughly with the almond flour mixture.
4. **Cook the tomatoes:** Preheat the air fryer to 375°F (190°C). Cook the breaded tomato slices for about 8-10 minutes, flipping halfway through.
5. **Serve:** These keto fried green tomatoes are the perfect low-carb option for those on the ketogenic diet.

Health Benefits of Air Fried Green Tomatoes

Air fried green tomatoes offer a healthier alternative to traditional deep-fried tomatoes. The health benefits come from several key factors: fewer calories, less fat, and more nutrients retained during cooking. Let's break down some of the notable health benefits of this dish:

1. Lower in Calories

Since air frying uses minimal oil compared to deep frying, air fried green tomatoes are significantly lower in calories. This is ideal for those watching their calorie intake or trying to lose weight.

2. Rich in Nutrients

Green tomatoes are packed with nutrients such as vitamin C, vitamin A, and potassium. These vitamins and minerals are essential for supporting immune function, promoting healthy skin, and maintaining proper fluid balance in the body.

3. Low in Fat

Unlike traditional fried green tomatoes that soak up oil during cooking, air-fried tomatoes are made with little to no oil. This leads to a lower fat content, which is beneficial for heart health and weight management.

4. High in Fiber

Green tomatoes are a good source of dietary fiber, which is important for digestive health. Fiber also helps to regulate blood sugar levels and improve cholesterol levels.



5. Vegan and Keto-Friendly Options

Air fried green tomatoes can easily be made vegan and keto-friendly by using plant-based ingredients and low-carb breading alternatives. This makes them suitable for a wide range of dietary preferences.

Air Fried Green Tomatoes Calories: A Comparison

One of the most appealing aspects of air fried green tomatoes is that they are a healthier option than deep-frying. Here's a comparison table of the calories and macronutrients between traditional fried green tomatoes and air fried green tomatoes:

Dish	Calories per Serving (1 medium tomato)	Fat	Carbohydrates	Protein
Traditional Fried Green Tomatoes	300-400 calories	20-25g	30g	4-6g
Air Fried Green Tomatoes (with breading)	120-150 calories	7-10g	15-20g	2-3g
Air Fried Green Tomatoes (without breading)	60-80 calories	2-4g	12-15g	2g

As you can see, air fried green tomatoes are much lower in calories, fat, and carbohydrates, making them a much healthier option, especially if you're following a calorie-controlled or low-carb diet.

Common Mistakes to Avoid When Making Air Fried Green Tomatoes

While air fried green tomatoes are fairly easy to prepare, there are a few common mistakes that people often make when cooking them. Avoid these errors to ensure that your tomatoes turn out crispy and delicious every time.

1. Overcrowding the Air Fryer Basket

When making air fried green tomatoes, it's important not to overcrowd the air fryer basket. If the tomatoes are packed too tightly, the air won't circulate properly, leading to uneven cooking and soggy tomatoes. Always make sure to leave some space between each slice.



2. Not Preheating the Air Fryer

Preheating the air fryer is key to getting crispy results. If you skip this step, the tomatoes may cook unevenly and end up soggy. Preheat your air fryer for at least 5 minutes before adding your tomatoes.

3. Using Too Much Oil

While air fryers use very little oil, it's important to lightly coat the tomatoes with oil to help them crisp up. Using too much oil will defeat the purpose of using an air fryer and can result in greasy tomatoes. A light spray or drizzle of oil is all you need.

4. Not Flipping the Tomatoes

To ensure an even crisp on both sides, make sure to flip your tomatoes halfway through the cooking time. This will allow both sides to become golden and crispy, providing a uniform texture.

5. Using the Wrong Tomato Variety

Not all tomatoes are ideal for air frying. Green tomatoes are the best choice because they are firmer and hold up better when cooking. Avoid using overly ripe tomatoes as they may become mushy.

Conclusion

Air fried green tomatoes are an excellent way to enjoy a classic Southern dish with a healthier twist. With fewer calories and less fat compared to deep-frying, you can indulge in this crispy, flavorful snack without the guilt. Whether you prefer them with breading, without breading, or keto-friendly, the air fryer makes it easy to prepare this dish quickly and without excessive oil. Plus, with the added health benefits of green tomatoes, you're not just enjoying a tasty treat, but also nourishing your body with essential nutrients.

If you haven't yet tried air fried green tomatoes, now is the perfect time to give them a try. With the flexibility to cater to different dietary preferences like vegan or keto, and the versatility to be served as a snack, appetizer, or side dish, this is a recipe that will please everyone at your table.



Frequently Asked Questions (FAQs)

1. Can I make air fried green tomatoes without breading?

Yes! You can make air fried green tomatoes without breading. Simply season the tomato slices with your favorite spices and lightly coat them with oil. The air fryer will still give you a crispy texture without the need for breadcrumbs or cornmeal.

2. Are air fried green tomatoes keto-friendly?

Yes, air fried green tomatoes can be made keto-friendly by using almond flour instead of traditional breadcrumbs. You can also skip the breading entirely for a low-carb option.

3. What type of tomatoes should I use for air fried green tomatoes?

Green tomatoes are the best choice for air frying. They are firm and hold up well during cooking, giving you a crispy texture. Avoid using fully ripe tomatoes, as they may turn mushy.

4. Can I make air fried green tomatoes in advance?

You can prepare the tomatoes in advance by breading and seasoning them, then refrigerating them until you're ready to cook. However, they are best enjoyed fresh and crispy, so it's recommended to air fry them just before serving.

5. How can I make air fried green tomatoes even crispier?

To make your air fried green tomatoes extra crispy, try using panko breadcrumbs or adding a bit of grated Parmesan cheese to your breading mix. Also, be sure to preheat your air fryer and lightly spray the tomatoes with oil for the best crispiness.

6. What dipping sauce goes well with air fried green tomatoes?

Air fried green tomatoes pair well with a variety of dipping sauces. Popular options include ranch dressing, remoulade, or a simple spicy mayo. For a healthier option, you can pair them with a yogurt-based dip or a vinaigrette.