

spicy okra



National Heart, Lung,
and Blood Institute

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Ingredients

2 10-ounce packages frozen, cut okra

1 tablespoon vegetable oil

1 medium onion, coarsely chopped

1 14¹/₂-ounce can of diced tomatoes

1 fresh jalapeno pepper (or habanero chile), pierced 3 times with a fork

¹/₂ teaspoon salt

¹/₄ teaspoon black pepper

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1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Sauté onion for about 3 minutes. Add tomatoes (including juice) and chile, and boil. Stir the mixture for 8 minutes. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
3. Stir in salt and pepper and discard the chile.

Yield 10 servings, **Serving Size** ¹/₂ cup, **Calories** 99, **Total Fat** 4g, **Saturated Fat** 1g, **Cholesterol** 0mg, **Sodium** 133mg, **Total Fiber** 5g, **Protein** 4g, **Carbohydrates** 15g, **Potassium** 563 mg