

# spicy okra

## Ingredients

2 10-ounce packages frozen, cut okra

1 tablespoon vegetable oil

1 medium onion, coarsely chopped

1 14 1/2-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



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



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