## spicy okra

## **Ingredients**

2 10-ounce packages frozen, cut okra

1 tablespoon vegetable oil

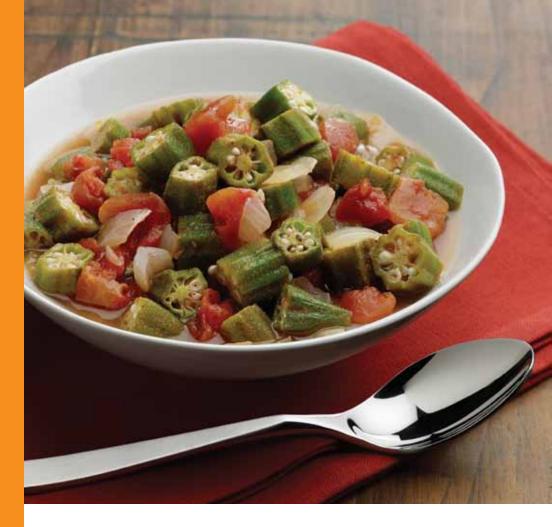
1 medium onion, coarsely chopped

 $1.14^{1}/_{2}$ -ounce can of diced tomatoes

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

 $\frac{1}{2}$  teaspoon salt

<sup>1</sup>/<sub>4</sub> 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  $\frac{1}{2}$  cup, Calories 99, Total Fat 4g, Saturated Fat 1g, Cholesterol 0mg, Sodium 133mg, Total Fiber 5g, Protein 4g, Carbohydrates 15g, Potassium 563 mg

