

Okra Creole

Ingredients:

1 small onion, minced
1 clove garlic, minced
½ green bell pepper, chopped
1 Tbsp canola oil
24 whole pods of fresh or frozen okra (1 lb frozen)
2 whole tomatoes, cut in pieces
Salt and pepper, to taste

Directions:

1. Sauté onion, garlic, and bell pepper in oil for about 5 minutes.
2. Slice okra to ½-inch thickness or leave whole. Add okra, tomatoes, and seasonings to onion mixture and simmer until okra is tender, about 10 minutes.

Yield: 4 servings

Source: Jane Bartholomew, personal friend from high school days

Nutritional analysis per serving: calories 80, calories from fat 35, total fat 4g, saturated fat 0g, cholesterol 0mg, sodium 10mg, total carbohydrate 11g, dietary fiber 4g, sugars 4g, protein 2g, vitamin A 20%, vitamin C 70%, calcium 8%, iron 4%