



Okra with Tomatoes

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: ~½ cup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 4 cloves garlic, minced (about 2 teaspoons)
- 1½ pounds (24 ounces) fresh or frozen okra, trimmed and cut into bite-sized pieces
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- ½ cup water
- 1 teaspoon chopped fresh oregano (or ¼ teaspoon dried)
- 1 tablespoon low-sodium Cajun seasoning
- 1 tablespoon lemon juice

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion. Cook, stirring occasionally, until softened, about 3-5 minutes.
4. Add the garlic and cook until fragrant, about 30-60 seconds.
5. Add the okra and cook, stirring constantly, for 1-2 minutes.
6. Add the tomatoes, water, oregano, Cajun seasoning, and lemon juice.
7. Bring to a simmer over medium-high heat, then reduce the heat to low.
8. Cover the pan with a lid and cook until the okra is tender, about 15-20 minutes.

Recipe Notes

- This recipe goes well with rice and fish.
- If you don't like okra, try substituting chopped collard greens or mustard greens (leaves and stems).

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 3 g | Saturated Fat: 0.5 g
Sodium: 145 mg | Total Carbohydrate: 14 g | Dietary Fiber: 4.5 g | Protein: 3 g**

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