

## Spicy Okra

From the National Heart, Lung, and Blood Institute's Keep the Beat  
<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=0&cld=7&rid=232>

### Ingredients

- 2 packages (10 oz each) frozen, cut okra
- 1 Tbsp vegetable oil
- 1 medium onion, coarsely chopped
- 1 can (14½ oz) no-salt-added diced tomatoes
- 1 fresh jalapeno pepper (or habanero chile pepper), pierced 3 times with a fork
- ½ tsp salt
- ¼ tsp ground black pepper

### Instructions

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

**Makes 10 servings**

### Nutrition information per ½ serving

Calories: 99	Dietary Fiber: 5 g
Total Fat: 4 g	Sodium: 133 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol: 0 mg	Carbohydrates: 15 g