

Ingredients:

2 cups sliced fresh okra
1/2 teaspoon vegetable oil
1/4 teaspoon salt
1/4 teaspoon pepper
nonstick cooking spray

Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. In a bowl, mix sliced okra, oil, salt and pepper.
3. Coat a large fry pan with cooking spray.
4. Heat over medium heat, and add okra mixture, turning often with a wooden spoon or spatula.
5. Cook until okra is browned, about 10 minutes.
6. Serve with hot sauce or favorite relish.



Nutrition Facts (Per Serving)

Calories, 21; Carbohydrate, 4 g; Protein, 1 g; Total Fat, 0.5 g; Saturated Fat, 0 g; Trans Fat, 0g; Cholesterol, 0 mg; Fiber, 2 g; Total Sugars, 1 g; Sodium, 149 mg; Calcium, 41 mg; Folate, 44 mcg; Iron, 0 mg; Percent of Calories from Fat, 21%.

Makes 4 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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