

Fall 2001 Recipes

Side Dishes

Okra Simmered with Canadian Bacon and Tomatoes

You can find okra in the frozen food section of your grocery store. Buy it whole or sliced.

Serves 4

Provides 2 vegetable servings per person

- 1/2 teaspoon olive oil
- 1 cup chopped onion
- 2 slices (2 ounces) chopped Canadian bacon
- 1 1-pound package frozen okra (2 1/2 cups)
- 1 8 oz. can tomatoes, chopped (1 cup)
- 1/4 teaspoon pepper

1. Heat the oil in a high-sided skillet on medium high. Sauté the onion with the Canadian bacon until soft, 10 minutes, lowering the heat to keep from scorching.

2. Trim the caps off the okra and cut into 1/2-inch slices. Add the okra and 1 cup of chopped tomatoes to the onions and bacon and cook 10 minutes more or until the okra is tender. Season with pepper and serve.

Nutritional Analysis

Per serving:

89 calories

2 g fat

20% calories from fat

0 g saturated fat

0% calories from saturated fat

11 g carbohydrates

5 g fiber

316 mg sodium