



Spicy Okra

Prep Time: 10 minutes

Cook Time: 15 minutes

Cost per serving: \$0.23

What you need:

Utensils:

- Colander
- Knife & cutting board
- Large saucepan
- Measuring spoons
- Can opener

Ingredients:

- 2 10-ounce packages frozen, cut okra
- 1 tablespoon vegetable oil
- 1 medium onion, coarsely chopped
- 1 14.5-ounce can of diced tomatoes
- 1 fresh jalapeno pepper, sliced
- ½ teaspoon salt
- ¼ teaspoon black pepper

What to do:

1. Wash hands and cooking area.
2. Clean tops of canned food items before opening them.
3. Rinse okra in a colander under hot water.
4. Heat oil in a large saucepan over medium high heat. Cook onion in oil for 3 minutes.
5. Add tomatoes (including juice) and jalapeno, and bring to a boil. Stir mixture for 8 minutes.
6. Add okra and cook, gently stirring.
7. Stir in salt and pepper.



**BETTER LIVING
FOR TEXANS**

Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040

Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 10

Amount Per Serving

Calories 50 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 1g

Vitamin A 4% • Vitamin C 15%

Calcium 6% • Iron 2%