

Okra Stir-Fry



Ingredients:

- 1 pound okra, cut into bite-sized pieces
- 1 cup onion, thinly sliced
- 1 tablespoon olive oil
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder
- 1/2 teaspoon red chili powder (adjust to taste)
- 1 1/2 teaspoon coriander powder

Directions:

1. Heat a skillet to medium. Add the olive oil to the skillet.
2. When the oil is hot, add all spices and sauté for 30 seconds.
3. Add the onions, cook until onions become tender.
4. Add the okra. Cook until desired tenderness.
5. Serve immediately. Refrigerate uneaten portions.

Makes 3 servings



Tarrant County Public Health
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