

Creole Okra & Corn

This quick and easy side dish combines farm fresh okra with the convenience of canned tomatoes, frozen corn, and savory Creole flavor.

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 each	Red Bell Pepper, diced
½ each	Onion, diced
1 lb	Okra, sliced crosswise ½" thick
2 cups	Corn, frozen or fresh
1 (15 oz) can	Petite Diced Tomatoes
1 Tbsp	Tomato Paste
2 tsp	Salt-Free Creole Seasoning (see separate recipe)
¼ tsp	Kosher Salt
To Taste	Black Pepper, ground
1 tsp	Hot Sauce (Crystal or Tabasco), optional

CHEF'S NOTES

This dish is perfect for anyone who doesn't like the slime factor of okra. Cooking okra at a higher heat can help reduce the thick mucilage which is released when okra is cooked.

Okra is a powerhouse ingredient that is low in calories and high in fiber with some protein, making it a great choice for adding to summer side dishes like this one.

Feel free to swap out the canned & frozen vegetables for farm fresh ingredients when available!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large sauté pan over medium heat and once hot, add the oil. Add the bell pepper and onion and cook until softened and lightly browned on edges, about 2 - 4 minutes.
3. Add the okra and corn, stirring occasionally until all vegetables are tender, about 6 - 8 minutes.
4. Add the diced tomatoes with their juices, tomato paste, Creole seasoning, salt and pepper and simmer until thickened, about 3 - 5 minutes. Add the hot sauce, if using, and stir to combine evenly.

Nutrition Facts

8 servings per container

Serving size 1/2 cup (171g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 16g 6%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 0.7mg 4%

Potassium 390mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

