



Quick Okra

I'm a big okra fan, especially when it's cooked with traditional Indian spices. Thanks to Rebecca Valencia for this recipe!

12 oz. fresh or frozen okra, cut into small (1/4") pieces
1 medium onion, sliced thin
3 Tbs. olive oil
1 tsp. red chili powder
1 tsp. ground coriander
1 tsp. cumin
1/2 tsp. turmeric powder
1/2 tsp. garam masala
2 green chilies, sliced and seeds removed
A squeeze of lemon
Salt to taste

1. Heat olive oil in a medium saucepan over medium heat. Stir-fry onions until lightly browned. Add red chili powder, coriander, cumin, turmeric, and garam masala. Stir and cook for a few seconds.
2. Add the okra and the green chilies. Add a dash of lemon and salt to taste. Mix well. Cover and cook on low heat for about 5 minutes or until the okra is cooked but firm. Serve hot with white rice or Indian bread.