



## RECIPE:

# Okra Succotash

Number of Servings: 6

### Ingredients:

- 1 tsp. vegetable oil
- 10 okra, sliced
- 2 ears of corn, cut from cob
- 1/2 onion, chopped
- 3 medium yellow squash, sliced
- 1 tomato, diced
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. dried thyme

### Directions:

1. Wash hands with soap and water.
2. Wash vegetables and then prepare them as directed in the ingredients list (slice, chop, dice, etc.). Gently rub okra and tomato under cold running water. Scrub onion, corn, and yellow squash with a clean vegetable brush under running water.
3. In a non-stick skillet over medium heat, cook vegetable oil and okra for 3 to 5 minutes. Then add onion, corn, squash and optional spices for 5 minutes until tender.
4. Add diced tomatoes and continue cooking for 3 minutes.
5. Store leftovers in a sealed container in the refrigerator.

Options: Serve on top of chicken or fish. When corn, okra and tomatoes are not in season, use canned vegetables in place of fresh vegetables.

### Nutrition Info:

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 1.5g	<b>2%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
<b>Dietary Fiber</b> 3g	<b>11%</b>
<b>Total Sugars</b> 6g	
<b>Includes</b> 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 43mg	<b>4%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 434mg	<b>10%</b>
<small>*The % Daily Value 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.</small>	

Recipe Credit: USDA Mixing Bowl