



Okra Succotash

6 Servings



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Ingredients:

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

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.

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