

Spicy Okra and Greens

Spicy and flavorful, this is an amazing side dish that doubles easily. Enjoy it with a crowd during the summer months when okra is in season.

Makes: 5 servings

Ingredients

- 1 small onion, finely chopped
- 2 tablespoons oil
- 6 cups leafy greens, shredded (collard greens, kale, mustard greens, Swiss chard, or mixture)
- 16 okra pods
- 4 chili peppers, finely chopped and crushed
- ¼ cup water
- 1 lemon, halved



Directions

1. In a large heavy pan, sauté onions in oil until golden brown.
2. Add remaining ingredients, except for lemon. Simmer over low heat, covered, until greens are tender (5-10 minutes).
3. Squeeze lemon juice into pan before serving.

Recipe from: Ohio Commission on Minority Health, adapted by the USDA Food and Nutrition Administration.

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