

SIDE DISH

Fresh Okra with Tomatoes and Ginger

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	10 min	25 min	6	\$0.84	86 kcal



If you have roughly 35 minutes to spend in the kitchen, Fresh Okra with Tomatoes and Ginger might be a spectacular gluten free, dairy free, lacto ovo vegetarian, and whole 30 recipe to try. For 84 cents per serving, this recipe covers 11% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 2 by 1 1/2-inch) piece peeled fresh ginger, chopped
- ☐ 2 garlic cloves, chopped
- ☐ 1 pound fresh okra, untrimmed
- ☐ ¾ teaspoon dried hot red pepper flakes
- ☐ ¾ teaspoon salt
- ☐ 3 large tomatoes, cored and quartered
- ☐ 2 tablespoons vegetable oil

EQUIPMENT Food processor, Frying pan

Method

- 1

Pulse garlic and ginger in a food processor until finely chopped and transfer to a 12-inch heavy skillet.
- 2

Add oil and red pepper flakes, to taste, and cook over moderate heat, stirring, until fragrant, about 1 minute.
- 3

Pulse tomatoes with salt and black pepper in processor until coarsely chopped and stir into oil in skillet. Cook, uncovered, over moderate heat, stirring occasionally, 10 minutes. Stir in okra and simmer, covered, until just tender, about 5 to 10 minutes.

Nutrition per serving			
	86	2 g	5 g
	KCAL	PROTEIN	FAT
			10 g
			CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			3.7 g · 15% of daily needs
Sugar			3.6 g · 4% of daily needs
Sodium			305 mg · 13% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			30.3 mg · 37% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fresh-okra-with-tomatoes-and-ginger-142326