



Seared Okra and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons olive oil extra virgin
- ☐ 1 rib celery sliced thin
- ☐ 0.5 onion sliced thin
- ☐ 1 jalapeño chile seeded sliced thin
- ☐ 3 garlic cloves sliced thin
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 cups vegetable broth gluten-free for vegetarian version, and broth for version (use vegetable broth)

- ☐ 1 teaspoon rosemary fresh minced
- ☐ 0.5 pound okra fresh
- ☐ 5 plum tomatoes diced
- ☐ 4 servings salt and pepper

Equipment

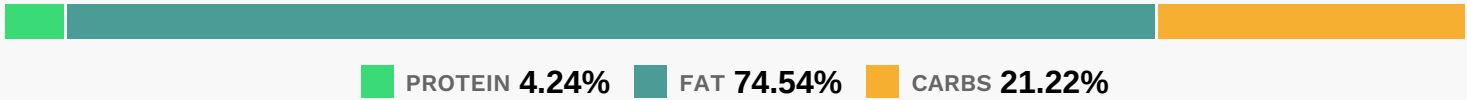
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 3 tablespoons of the olive oil in a large sauté pan or wide, shallow pot over medium-high heat. When the oil is hot, sauté the onion, jalapeño and celery for 2 minutes, stirring once or twice.
- ☐ Add the garlic and sauté for another minute or two.
- ☐ Mix tomato paste, broth, vinegar, add to vegetables: While the vegetables are sautéing, mix the tomato paste, broth and vinegar until they are combined.
- ☐ Add to the pan with the vegetables and bring to a boil.
- ☐ Add the rosemary and a pinch of salt.
- ☐ Slice okra on diagonal: As the sauce is boiling, slice the okra on the bias to create diagonal pieces. The reason for diagonal slicing is to expose as much of the interior of the okra as possible. Wait to cut the okra until the last minute because it helps make them less slimy.
- ☐ Heat another pan over high heat for a minute or two.
- ☐ Add the remaining oil and get it almost smoking hot, which should take 1-2 minutes.
- ☐ Add the sliced okra and spread out in a single layer in the pan.
- ☐ Let the okra brown for at least a minute before you move them.
- ☐ The goal is to cook the okra quickly at very high heat without moving it too much. The high heat sears the okra and helps limit the slime factor. Sear the okra for 3-4 minutes, stirring only 2-3 times.
- ☐ Add seared okra to sauce, add tomatoes, simmer: As soon as the okra is done, add it to the boiling sauce.

- ☐
- Add the diced tomatoes and reduce the heat to a simmer. Cook for 5 minutes, no longer. The tomatoes should still be a bit firm, and you don't want to cook the okra to the point it starts releasing slime.
- ☐
- off the heat, grind black pepper over everything and taste once more for salt.
- ☐
- Add if needed.
- ☐
- Serve over steamed rice or with lots of crusty bread.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:2.87, Inflammation Score:-8, Nutrition Score:11.54869551244%

Flavonoids

Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 206.41kcal (10.32%), Fat: 17.82g (27.42%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 8.12g (2.95%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 587.93mg (25.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin C: 30.46mg (36.92%), Vitamin K: 35.67µg (33.98%), Manganese: 0.61mg (30.52%), Vitamin A: 1340.31IU (26.81%), Vitamin E: 3.39mg (22.63%), Fiber: 3.29g (13.18%), Vitamin B6: 0.25mg (12.59%), Folate: 49.87µg (12.47%), Potassium: 435.5mg (12.44%), Magnesium: 45.34mg (11.34%), Vitamin B1: 0.16mg (10.45%), Copper: 0.14mg (6.84%), Phosphorus: 65.52mg (6.55%), Calcium: 64.26mg (6.43%), Vitamin B3: 1.23mg (6.14%), Iron: 0.89mg (4.95%), Vitamin B2: 0.06mg (3.75%), Zinc: 0.54mg (3.62%), Vitamin B5: 0.26mg (2.56%), Selenium: 1.01µg (1.45%)