

OKRA STIR FRY

Servings: 2

Time: 15 Mins

1. Trim both ends from 1-pound of okra, discard ends and chop rest into 1 inch pieces.
2. Heat 2 tablespoons olive oil in large heavy skillet over medium heat.
3. Slice 1 medium onion into thin pieces and saute 10-15 minutes until golden brown.
4. Add $\frac{1}{2}$ cup water and $\frac{1}{4}$ teaspoon salt to okra in pan and cook 5-10 minutes until water evaporates and okra is tender. Stir occasionally.
5. Lightly cooked diced chicken or shrimp can be added to stir fry.

