

# Gingered Okra with Tomatoes

2 T extra virgin olive oil  
1 shallot, sliced  
2 cloves garlic, chopped  
1 T fresh ginger, peeled and chopped  
1 lb fresh okra, trimmed  
1 cup grape tomatoes, halved  
sea salt and pepper to taste  
2 T fresh chopped parsley

Wash and trim okra. Cut okra into 1-inch pieces. In large skillet, heat olive oil on medium heat. Add shallots, garlic and ginger and sauté for about 1 minute. Add okra, stir and cover for about 5 minutes before adding grape tomatoes. Cook for additional 1 minute with tomatoes. Season okra with salt and pepper to taste. Finish with fresh chopped parsley or favorite garden herb.

