Smoky Okra with Rustic Tomato Coulis

2 T extra virgin olive oil
1 garlic clove, minced
3/4 lb Roma tomatoes, chopped
1/4 tsp granulated sugar
1/2 tsp sea salt, divided
1/4 tsp smoked paprika
1/4 tsp cumin
1/4 tsp coriander
Pinch cayenne
1 T canola oil
1 lb okra, sliced into 1/2 inch rounds

Heat olive oil over medium-low heat in a medium saucepan. Add garlic, constantly stirring, about 30 seconds. Add tomatoes, sugar, and 1/4 teaspoon salt and simmer, uncovered, stirring occasionally, until slightly thickened and the tomatoes are broken down, about 15-20 minutes.

Meanwhile, mix smoked paprika, cumin, coriander, cayenne, and remaining 1/4 teaspoon salt together in a small bowl.

Heat canola oil in a medium cast iron skillet. Add okra to the skillet and cook over medium high heat for about 2-4 minutes, undisturbed. Stir the okra and cook undisturbed for an additional 2-4 minutes. Turn the heat down to low.

Add the spices and toss with the okra; constantly stirring, until fragrant; about 30 seconds. When the tomatoes are done cooking, blend with an immersion blender until smooth. To serve, place a spoonful of rustic tomato coulis on a plate and top with smoky okra.

Recipe By: Chef Ashley R. Van Cise, RDN, LD