

Sautéed Okra with Tomatoes and Roasted Corn

1 1/2 T olive oil
1/2 cup onion, chopped
1 clove garlic, minced
2 cups fresh okra, trimmed and sliced into 1/2 inch rounds
1 can (15 oz.) diced, fire-roasted tomatoes, undrained
1 cup roasted corn kernels (can use frozen)
1/2 tsp salt
Pinch of cayenne
Black pepper to taste

Heat one tablespoon of the olive oil in a sauté pan over medium high heat. Add okra and cook just until tender and lightly browned, about 3 minutes. Remove okra and set aside.

Add additional 1/2 tablespoon olive oil to pan and sauté onions until they soften. Add garlic and sauté about 30 seconds more until fragrant. Stir in tomatoes and roasted corn. Stir and simmer over medium heat about 5-8 minutes until mixture is hot and begins to thicken.

Add the cooked okra, cayenne, salt and pepper. Heat through for about 3 minutes.

Recipe by Garden Chef Amanda Dew Manning



ATLANTA BOTANICAL GARDEN