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Okra and Greens

Source: What's Cooking? USDA Mixing Bowl

Serving size: 5 servings

An interesting introduction of okra to your family.

Ingredients

- 1 onion (small, finely chopped)
- 2 tablespoons corn oil
- 1 pound greens (shredded) Try kale, spinach or collard greens!
- 16 okra
- 4 chili peppers (finely chopped and crushed)
- 1 lemon
- 1/4 cup water

Materials

N/A

Directions

1. In a large heavy pan saut onions in oil until golden brown.
2. Add remaining ingredients and about cup of water. Simmer over low heat, covered, until greens are tender.
3. Squeeze lemon juice before serving.

Nutrition Information

for 1/5 of recipe (203g)

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Nutrients	Amount
Calories	98
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	31 mg
Total Carbohydrate	11 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	82 mg
Iron	2 mg
Potassium	510 mg

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