

Skillet Okra and Tomato Succotash

Yes, succotash really exists and isn't just something Sylvester the cat would say on the Bugs Bunny Show! And Okra is a good source of vitamins A, B Complex, C, K and folate!

Ingredients:

2 slices bacon

1 Tbsp margarine

1 small onion, cut into thin wedges

2 cloves garlic, minced

8 oz. whole okra, cut into ½ " pieces

½ tsp salt

¼ tsp freshly ground black pepper

4 small tomatoes, cut into thin wedges

2 tsp. fresh squeezed lime juice

2 Tbsp. fresh basil, finely chopped

In a large skillet, cook bacon until crisp – remove to paper towel, reserving 1 Tbsp bacon drippings. Crumble bacon and set aside. Add margarine to bacon drippings, then add onion and garlic and cook in hot bacon and margarine over medium heat until onion is tender.

Stir in okra, season with salt and pepper. Cook, covered, over low heat for about 15 minutes, until okra is almost tender. Add tomatoes. Stir and cook uncovered for about 3 minutes. Drizzle with lime juice and sprinkle with crumbled bacon and basil. Makes 4 side dishes.