



Baked Tomatoes and Okra



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Servings: 6
Serving Size: 2/3 cup

INGREDIENTS

- 1/2 cup frozen lima beans
- 8 ounces fresh okra, washed, stemmed, and cut into 1/2-inch-thick slices, or 2 cups frozen cut okra, thawed
- 4 medium tomatoes, chopped
- 1 medium onion, sliced and separated into rings
- 1/2 of a medium yellow or green sweet pepper, seeded and cut into thin strips
- Season to taste (salt, pepper, crushed red pepper)

DIRECTIONS

1. Preheat oven to 350°F.
2. Cook lima beans according to package directions and drain.
3. In a casserole dish, combine lima beans, okra, tomatoes, onion, sweet pepper, and seasoning.
4. Cover and bake for 45 minutes. Stir ingredients, replace cover, and bake an additional 30 minutes. Remove from oven, stir and serve with a slotted spoon.

TIP

Want a crunch? Adding a small amount of bread crumbs adds a touch of crunch that mimics fried okra without the added fat from frying.

