

## *Cajun-Style Corn and Tomato with Fried Okra*

Gourmet | July 1992

- 1 onion, sliced thin
- 2 tablespoons unsalted butter
- 1 tablespoon vegetable oil plus additional for frying the okra
- 3 cups fresh corn kernels including the pulp scraped from the cobs (cut from about 4 ears of corn)
- 1 tomato, seeded and chopped
- 1/2 cup heavy cream
- 1/4 cup water
- 1/4 pound okra, rinsed well and patted dry
- cornmeal seasoned with salt and pepper for coating the okra

In a heavy saucepan cook the onion in the butter and 1 tablespoon of the oil over moderate heat, stirring occasionally, until it is golden, add the corn, the tomato, the cream, and the water, and cook the mixture, covered, over moderately low heat, stirring occasionally, for 20 minutes. Season the corn mixture with salt and pepper and keep the mixture warm, covered.

Cut the okra into 1/4-inch-thick slices, in a bowl toss it with the seasoned cornmeal, and shake it in a coarse sieve to knock off the excess cornmeal. In a deep skillet heat 1/2 inch of the additional oil over moderately high heat until it is hot but not smoking and in it fry the okra in batches for 1 to 2 minutes, or until it is golden, transferring it with a slotted spoon as it is fried to paper towels to drain. Serve the corn mixture topped with the fried okra.

## *Okra and Corn Maque Choux*

Southern Living July 2010

1/4 pound spicy smoked sausage, diced

1/2 cup chopped sweet onion

1/2 cup chopped green bell pepper

2 garlic cloves, minced

3 cups fresh corn kernels

1 cup sliced fresh okra

1 cup peeled, seeded, and diced tomato

Salt and freshly ground pepper to taste

Sauté sausage in a large skillet over medium-high heat 3 minutes or until browned. Add onion, bell pepper, and garlic, and sauté 5 minutes or until tender. Add corn, okra, and tomato; cook, stirring often, 10 minutes. Season with salt and pepper to taste.

## *Okra And Green Beans*

[www.cdktichen.com](http://www.cdktichen.com)

3/4 pound fresh okra, uncut  
4 tablespoons olive oil  
vinegar (optional)  
1 medium onion, diced  
3/4 pound fresh green beans  
2 cloves garlic, crushed then chopped  
1 cup water PLUS  
2 tablespoons water  
salt and freshly ground black pepper  
1 can (6 ounce size) tomato paste

Wash okra pods, trim stems, do not remove caps. If desired soak okra in vinegar for 30 minutes to remove some of the stickiness. Rinse well and drain. Wash beans and cut into 3 inch lengths.

Combine water, tomato paste, olive oil, onion, garlic, salt and pepper in a sauce pan and mix well.

Heat, stirring frequently, until mixture comes to boil. Add okra and beans and additional water if necessary to almost cover vegetables.

Reduce heat to low, cover and simmer gently until vegetables are crisp-tender, 20 to 30 minutes

## *Okra, Avocado and Tomato Salad With Chili and Lime Juice*

Martha Rose Shulman

- 1 pound okra
- 1 jalapeño pepper, seeded if desired, minced
- 1 Hass avocado, cut in small dice
- 1 pound tomatoes, cut in small dice
- 1 small white or red onion, chopped, soaked for five minutes in cold water, then drained and rinsed (optional)
- Salt to taste
- 1/2 cup chopped cilantro
- 5 to 6 tablespoons fresh lime juice
- 1 to 2 ounces crumbled queso fresco or feta for serving (optional)

Trim the stems and tips from the okra, and place it in a steamer above 1 inch of boiling water. Cover and steam four minutes or until crisp-tender. Drain and rinse with cold water, then slice about 1/4 inch thick and place in a large bowl.

Add the jalapeño, avocado, tomatoes and onion, if using. Season generously with salt, and toss together. Add the cilantro and lime juice, and toss well. Serve garnished with crumbled queso fresco, if desired.

Advance preparation: Because the colors will fade and the okra will become impossibly viscous, it's best to serve this soon after assembling and tossing.

## *Roasted Okra and Tomatoes*

Weight Watchers Annual Recipes  
for Success 2012

PointsPlus Value per serving (1/2 cup): 2

Separating the okra and tomatoes on the large baking dish keeps the tomato juices away from the okra, allowing it to brown and roast.

1/2 pound okra pods, cut into 1/2-inch slices  
4 teaspoons olive oil, divided  
1/2 teaspoon salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
2 cups grape tomatoes  
1/4 teaspoon hot sauce  
Preheat oven to 450 degrees.

Combine okra, 2 teaspoons oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Toss well. Arrange okra mixture in a single layer on half a large jelly-roll pan. Combine tomatoes, remaining 2 teaspoons oil, remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Toss well. Arrange tomatoes in a single layer on remaining half of pan.

Bake at 450 degrees for 12 minutes or until okra is lightly browned and tomato skins burst and shrivel. Scrape okra, tomatoes and pan juices into a bowl with a rubber spatula and add hot sauce. Toss well and serve immediately.