



Corn, Okra and Tomato Stew

(Makes 4 servings)

Ingredients:

- Low fat cooking spray
- 1 1/2 cups frozen sliced okra
- 1 cup frozen corn kernels
- 1/4 cup lean ham, chopped
- 1 (14 1/2 oz.) can stewed tomatoes, undrained
- 1/4 cup shredded fresh basil
- Salt and pepper, to taste

Directions:

1. Spray a large saucepan with low fat cooking spray.
2. Add okra, corn, ham, tomatoes and basil then bring to a boil. Reduce heat to low and simmer for 15-20 minutes or until okra is tender.
3. Add salt and pepper to taste. (Nutrition Facts calculated without salt)

NUTRITION FACTS: Serving Size: 1/4 of recipe (220 g) Servings Per Recipe: 4
Amount per serving: Calories 98/Calories from fat 10/Total Fat 1 g/
Saturated Fat 0 g /Cholesterol 5 mg /Sodium 328 mg

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