

Side Dish, Vegetables, Diabetic-Friendly, Low-Sodium

Roasted Okra

Makes 3 servings

Price Per Serving: \$1.00

Prep Time: 5 minutes | Cook Time: 15 minutes

1 16 oz. package of okra

1 tbsp olive oil

1 pint cherry tomatoes

Salt and pepper to taste

Wash the okra and dry it very very well with paper towels. Cut the okra into 1/2 inch pieces. Toss the okra and cherry tomatoes in olive oil. Arrange vegetables in one layer on a baking sheet and sprinkle with salt and pepper. Roast in the oven at 425 degrees for 10-15 minutes.

Nutrition Facts	
Serving Size 253 g	
Amount Per Serving	
Calories 104	Calories from Fat 43
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 49mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 4g	
Vitamin A 28% • Vitamin C 74%	
Calcium 13% • Iron 8%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	