

Sauteed Eggplant with Okra

6 servings

Vegetables provide important nutrients like vitamin A, vitamin C, potassium, folate (folic acid), and dietary fiber. It is important to eat a variety of vegetables because different vegetables provide different nutrients. Try to include different colored vegetables at each meal to make sure you are getting those important nutrients.

- 3 Tablespoons vegetable oil
- 1 onion, scrubbed with clean vegetable brush under running water, chopped
- 1 eggplant, scrubbed with clean vegetable brush under running water, chopped
- ½ teaspoon salt (optional)
- 8 okra, gently rubbed under cold running water, chopped
- 2 garlic cloves, minced

Directions:

1. Wash hands with soap and water.
2. In a large skillet, heat oil over medium heat. Add onion, eggplant, and salt, if desired. Cover and cook for 5 minutes.
3. Add okra and garlic. Cook while occasionally stirring for another 10 minutes, or until vegetables are tender.
4. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (½ cup): Calories 80, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 7g, Fiber 3g, Total Sugars 3g, includes 0g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%.