

Stewed Okra and Tomatoes



Ingredients

- 1 pound okra, ends trimmed and thickly sliced
- 1 tablespoon oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 2 sprigs thyme or 1/2 teaspoon dried
- 4 medium tomatoes, chopped
- 1/2 teaspoon ground paprika
- 3/4 teaspoon coarse salt
- 1 pinch of Cayenne pepper
- 1/2 cup water

Instructions

1. Heat oil in a large saucepan over medium-high heat. Add the onions and cook for 3 minutes until soft.
2. Add garlic and thyme and cook for 1 more minute, stirring constantly. Stir in tomatoes and cook for 5 minutes stirring constantly.
3. Add okra, paprika, salt, pepper, and water. Stir to combine. Cover saucepan and cook for about 15-20 minutes.
4. Delicious served with rice, mashed potatoes or cornbread.

Adapted from healthiersteps.com

Fresh Veggie Pockets



Ingredients

- 1 carton (8 ounces) spreadable low-fat cream cheese
- 1/4 cup no-salt sunflower kernels
- 1 teaspoon salt-free seasoning blend
- 4 whole wheat pita breads (6 inches), halved
- 1 medium tomato, thinly sliced
- 1 medium cucumber, thinly sliced
- 1 cup sliced fresh mushrooms
- 1 ripe avocado, peeled and sliced

Instructions

1. In a large bowl, combine the cream cheese, sunflower kernels and seasoned blend.
2. Spread about 2 tablespoons on the inside of each pita half.
3. Layer with the tomato, cucumber, mushrooms and avocado.

Adapted from tasteofhome.com

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Garlic Parmesan Roasted Russet Potatoes



Ingredients

- 1 ½ pounds Russet potatoes
- 2 Tablespoons extra virgin olive oil
- ½ cup shredded parmesan cheese
- 4 cloves garlic, minced
- 1 teaspoon coarse salt
- ½ teaspoon pepper
- Fresh parsley, roughly chopped for garnish

Instructions

1. Preheat oven to 400F. Toss potatoes, olive oil, ¼ cup of the Parmesan cheese, garlic powder, salt and pepper together on a sheet pan. Spread into an even layer.
2. Bake for 40 minutes, until potatoes are tender. Garnish with parsley and remaining Parmesan cheese. Serve immediately.

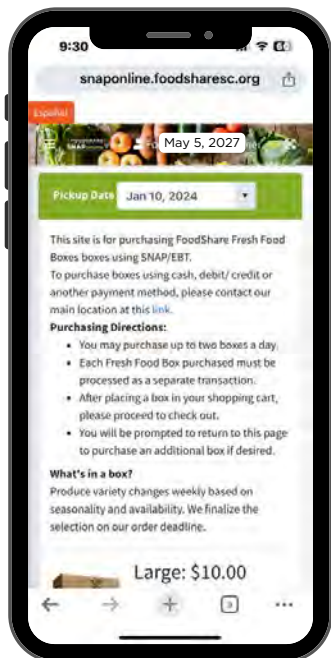
Adapted from farmerspromise.com



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10 Minute Garlic Bok Choy

Bok choy is a type of Chinese cabbage that may be eaten cooked or raw. High in nutrients and low in carbohydrates, it is an excellent option when trying to eat more healthy.



Ingredients

- 1 Tablespoon olive oil
- 2 garlic cloves, chopped
- 1 green onion, chopped
- 1 pound bok choy, rinsed, cut into quarters, with core intact
- 1 Tablespoon reduced-sodium soy sauce

Instructions

1. Heat oil in a large skillet over medium-high heat.
2. Add garlic and green onion and cook, stirring, until fragrant, about 30 seconds.
3. Add bok choy, soy sauce, and 2 Tablespoons water and cover immediately.
4. Cook 1 minute. Uncover and stir, then cover and cook until bok choy is tender at the core, about 3 more minutes.

Adapted from bonappetit.com