

Okra with Tomatoes

$\frac{1}{2}$ small onion
3 cups water
1 (16 ounces) package frozen sliced okra
1 (14.5 ounces) can no added salt diced tomatoes (undrained)
 $\frac{1}{4}$ teaspoon salt
Crushed red pepper flakes (optional)

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 29
Carbohydrate: 6 grams
Protein: 2 grams
Fat: 0
Saturated fat: 0
Cholesterol: 0
Sodium: 103 milligrams
Dietary fiber: 3 grams

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1. Chop onion.
 2. Bring water to boil. Add okra and onion and cook for 5 minutes. Drain water and add tomatoes, salt, and pepper.
 3. Simmer mixture for 10 to 15 minutes.