

# Okra Succotash

6 servings



## Ingredients

- 1 teaspoon vegetable oil
- 10 okra, gently rubbed under cold running water, sliced
- ½ onion, scrubbed with clean vegetable brush under running water, chopped
- 2 ears of corn, scrubbed with clean vegetable brush under running water, cut from cob
- 3 medium yellow squash, scrubbed with clean vegetable brush under running water, sliced
- 1 tomato, gently rubbed under cold running water, diced
- Optional: 1 teaspoon salt, 1 teaspoon pepper, 1 teaspoon dried basil, 1 teaspoon dried oregano, 1 teaspoon dried thyme

Serving Size (3/4 cup): Calories 60, Total Fat 1.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrates 12g, Fiber 1g, Total Sugars 5g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%

## Instructions

1. Wash hands with soap and water.
2. Wash and prepare vegetables.
3. In a non-stick skillet over medium heat, cook vegetable oil and okra for 3 to 5 minutes. Then add onion, corn, squash and optional spices and cook for 5 minutes or until tender.
4. Add diced tomatoes and continue cooking for 3 minutes.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Recipe Source: USDA Mixing Bowl

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). Copyright ©2023



food.unl.edu

# Okra Succotash

6 servings



## Ingredients

- 1 teaspoon vegetable oil
- 10 okra, gently rubbed under cold running water, sliced
- ½ onion, scrubbed with clean vegetable brush under running water, chopped
- 2 ears of corn, scrubbed with clean vegetable brush under running water, cut from cob
- 3 medium yellow squash, scrubbed with clean vegetable brush under running water, sliced
- 1 tomato, gently rubbed under cold running water, diced
- Optional: 1 teaspoon salt, 1 teaspoon pepper, 1 teaspoon dried basil, 1 teaspoon dried oregano, 1 teaspoon dried thyme

Serving Size (3/4 cup): Calories 60, Total Fat 1.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrates 12g, Fiber 1g, Total Sugars 5g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%

## Instructions

1. Wash hands with soap and water.
2. Wash and prepare vegetables.
3. In a non-stick skillet over medium heat, cook vegetable oil and okra for 3 to 5 minutes. Then add onion, corn, squash and optional spices and cook for 5 minutes or until tender.
4. Add diced tomatoes and continue cooking for 3 minutes.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Recipe Source: USDA Mixing Bowl

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). Copyright ©2023



food.unl.edu