

Lady's Fingers



Makes:

5 - 6 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover
medium mixing bowl

Rate ★★★★★

Recipe:

Contributed By:

Raj & Kewal Singh
Saladmaster Consultants

[Write a Review](#)

1 clove garlic, shredded, use Cone #1
1 medium onion, sliced, use Cone #4
1 teaspoon
fresh ginger-root, minced, or to taste
4 ounces
diced green chiles, or to taste
1 tomato, chopped
1 pinch
salt, optional
garam masala, to taste, optional
turmeric powder, to taste, optional
1 pound
lady's fingers (okra), chopped
(454
g)

Directions:

1. Preheat skillet over medium heat.
2. When several drops of water sprinkled on skillet skitter and dissipate, add garlic and lightly brown. Once browned, add onions, ginger and green chiles. Crack the cover to allow the mixture to brown.
3. When the mixture is golden brown, add chopped tomatoes, and if desired a pinch of salt, garam masala and turmeric powder.
4. Add lady fingers to the mixture, leaving it on low for approximately 15 - 20 minutes until the lady fingers soften.

Nutritional Information per

▼ Serving

Analysis based on 5 servings

Calories: 50

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg
Sodium: 158mg
Total 11g
Carbs:
Dietary Fiber: 4g
Sugar: 3g
Protein: 3g
