

Lady's Fingers



Makes:

5 - 6 servings

Utensil:

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

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Contributed By:

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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 Carbs:

11g

Dietary Fiber:

4g

Sugar:

3g

Protein:

3g