



DR_x Sally's Kitchen

Bhindi Masala (Spiced Indian Okra)

Serves 2 in 30 minutes

Okra is a favorite summer veggie in the South and an essential ingredient of gumbo. But in India it is known as “bhindi”, where it is sautéed with ginger, garlic, onions, tomatoes and the fragrant cinnamon spice mix “garam masala”. It’s a fresh, fun twist on a seldom-used veggie! Okra is high in fiber and nutrients. It has been shown to improve digestive problems, inhibit the growth of *H. pylori*, the bacteria that causes stomach ulcers and improve blood sugar and cholesterol metabolism. Enjoy!

Ingredients

- 20 small/medium okra (~2 cups), whole
- 1 cup red onion, diced
- 1 T. garlic, chopped
- 1 T. ginger root, chopped
- 2 t. garam masala
- 2 cups tomatoes, chopped
- 4 T. olive oil
- 1 teaspoon lemon juice
- 1/2 teaspoon salt

Directions

Be sure to choose small to medium sized okra. Wash and dry the okra thoroughly. Trim off the fibrous cone at the stem end, but don’t cut into the pod; leave it whole and intact.

Heat a large skillet with a lid, over medium high heat for 1 minute. When hot, add 3 T. oil and the okra and onions. Stir to coat evenly with the oil and cook for 3-4 minutes. Stir in the ginger and garlic, reduce heat and cook for another 3-4 minutes.

Add the garam masala spice mix and a little more oil, if it starts to stick. Once the spices have cooked for a minute, toss in the tomatoes and salt. Cook another 5 minutes or so then cover the pan for 10 minutes, stirring occasionally. Squeeze in the lemon, add a little more salt, if needed, and serve.

NOTE: If you can’t find a jar of garam masala, you can make your own by mixing equal parts (1 teaspoon each) of black pepper, paprika, cinnamon, cardamom and ground cloves and coriander.