



OH-MAZING OKRA AND GARLIC SAUTE´

Vata ↓, Pitta ↓, Kapha ↓*

Serves 4 to 6

Prep Time: 5 minutes

Cook Time: 10 minutes

*May increase Kapha in excess.

INGREDIENTS

- 1 lb fresh okra (substitute with frozen)
- 2 tablespoons olive oil
- 1/8 teaspoon brown mustard seeds, whole (optional but recommended)
- 1/4 teaspoon cumin seeds, whole (optional but recommended)
- 1 teaspoon minced fresh ginger root
- 2 cloves garlic, minced (use 1 for Pitta)
- 1 teaspoon Agni Churna*
- 1/8 teaspoon freshly ground black pepper
- 1/4 teaspoon pink Himalayan salt or mineral salt

*Agni Churna can be substituted with Vata Churna, Kapha Churna, Pitta Churna, or your favorite curry blend!

DIRECTIONS

1. If using fresh okra, wash and cut off the tops and tips. Chop the okra in 1/2" to 1" chunks. If using frozen okra simply open the bag (no need to thaw).
2. Heat your skillet over medium heat. Add in the olive oil until warm. Then add in the brown mustard seeds, cumin seeds, minced ginger, and minced garlic. Sauté over medium heat for 2 minutes stirring frequently.
3. Add in the Agni Churna, black pepper, and salt; sauté for an additional minute stirring frequently.
4. Add in the chopped okra and sauté for 8 to 10 minutes, stirring every minute or so. The final result should be crisp and tender okra (but not fibrous or hard) that may be slightly golden brown but not burnt.
5. Enjoy as a healthy snack, a delicious side dish, or a light dinner. It can also be added to beans and rice, kitchari, dal, or similar meal.