

Stir-Fried Okra

Ingredients:

2 cups fresh okra, washed, trimmed, thinly sliced
1 large tomato, peeled and sliced into 8 thin wedges
1/4 cup green onions, sliced, white and green
1 1/2 teaspoons fresh lemon juice
1/4 teaspoon leaf thyme, crushed
1 teaspoon salt
dash pepper
1 tablespoon vegetable oil
2 tablespoons butter

Preparation:

1. Prepare all vegetables as indicated and have ready for cooking. In a small bowl, combine lemon juice, thyme, salt, and pepper.
2. Heat oil and butter in a wok or large skillet. Add vegetables and seasoning mixture all at once.
3. Toss and cook for 5 to 8 minutes.