

Mediterranean Baked Okra (Total Time: 1 1/2 hours)

Nutrition Information Per Serving:

Calories:145, Protein: 3g, Fat: 9g, Carbohydrate:14g, Saturated Fat: 1g, Fiber: 5g, Cholesterol: 0mg, Sodium: 42mg

Ingredients

- 1 pound fresh okra
- 1/2 cup red wine vinegar
- 1/4 cup olive oil
- 1 red bell pepper cut in thin strips
- 1 green bell pepper cut in thin strips
- 2 white onions, chopped finely
- 3 tomatoes sliced in rounds
- 1/2 bunch flat leaf parsley, finely chopped
- 1 teaspoon freshly ground black pepper
- 1/2 cup water
- 1 teaspoon crushed red pepper flakes

Directions

1. Preheat oven to 375°F.
2. Wash okra and dry well.
3. Trim off the end of the stems, being careful not to cut into the pod.
4. Put okra in a large, flat dish and sprinkle with vinegar. Make sure all sides are coated well.
5. Allow to marinate at least 30 minutes. Rinse okra well in cold water and drain.
6. Meanwhile, heat 2 tablespoons olive oil in a skillet and cook onions until golden brown.
7. Place okra pods in rows in a baking dish and sprinkle with onions.
8. Put tomato slices on okra and then crisscross pepper strips on tomatoes.
9. Scatter the parsley over and season with plenty of black pepper and pepper flakes.
10. Drizzle rest of olive oil evenly over vegetables and add water.
11. Bake at 375°F for almost an hour.
12. Allow to cool and serve barely warm.