

## **Grilled Okra Salad** adapted by Leah

¼ Cup white wine or balsamic vinegar  
1 to 2 Tbl. olive oil  
1 to 2 large tomatoes cubed  
½ red onion  
16 pods of fresh okra  
Salt and pepper to taste

You can also throw in cucumbers and radishes.

Combine all ingredients except okra and set aside.

Grill okra on medium heat until a few black areas develop, about 5 minutes.

Toss okra in salad and enjoy!



Here's our okra growing in the field. Palomar Mountain is in the background. Okra is high in dietary fiber, Vitamins A, C, B6 and K, Thiamin, Folate, Calcium, Magnesium, Phosphorous, Potassium, Manganese, Protein, Riboflavin, Niacin, Iron, Zinc, and Copper. It helps with weight loss and stabilizes blood sugar.