

Bacon, Okra and Potato Hash

Prep Time: 10 m | Total Time: 30 m

INGREDIENTS

- 2 pounds new potatoes, quartered
- 2 slices bacon
- 1 clove garlic, minced
- 1 tablespoon butter
- 1/2 pound okra, tops removed and sliced thinly
- 1 large sprig rosemary, finely minced
- Salt and pepper, to taste

DIRECTIONS

1. Fill a stock pot with potatoes and water, bring to a boil and cook until potatoes are fork-tender. OR place potatoes on a microwave-safe plate and cook on high in microwave for 5 minutes, or until potatoes are fork-tender. Set aside.
2. In a large skillet or dutch oven, cook the bacon until browned and crisp, about 5 minutes. Remove bacon, crumble and set aside.
3. Add in the garlic to the bacon grease, and cook until fragrant and tender, about 3 minutes.
4. Add in the potatoes, okra, and rosemary and cook, stirring frequently, until the potatoes and okra are browned on all sides, about 10 minutes.
5. Remove from heat, add in crumbled bacon, salt, and pepper.



[via [Wholefully](#)]

Heirloom Tomatoes with Charred Okra, Vidalias, and Malt Mayo

Prep Time: 22 m | Total Time: 26 m

INGREDIENTS

- Cooking spray
- 10 ounce fresh okra pods, halved lengthwise
- 3/4 teaspoon kosher salt, divided
- 3 pounds assorted heirloom tomatoes, cut into 1/2-inch slices
- 1 pasteurized large egg yolk
- 1 tablespoon malt or balsamic vinegar
- 1 teaspoon Dijon mustard
- 1/2 cup canola oil
- 2/3 cup very thinly sliced Vidalia onion
- 1/2 cup small basil leaves
- 1/4 cup fresh flat-leaf parsley leaves
- 1/2 teaspoon freshly ground black pepper



DIRECTIONS

Step 1

- Heat a large cast-iron skillet over medium-high heat.
- Coat pan with cooking spray.
- Add half of okra to pan, cut side down; cook 4 minutes.
- Turn; cook 1 minute.
- Remove okra from pan.
- Repeat procedure with cooking spray and remaining okra.
- Sprinkle with 1/4 teaspoon salt.

Step 2

- Arrange tomato slices in a single layer on a rimmed baking sheet
- Sprinkle with 1/4 teaspoon salt.
- Let stand 5 minutes.

Step 3

- Combine remaining 1/4 teaspoon salt and yolk in a medium bowl.
- Stir with a whisk until pale yellow and creamy.
- Stir in vinegar and mustard.
- Slowly add canola oil in a thin, steady stream, stirring constantly.

Step 4

- Arrange tomatoes on a platter so they overlap slightly.
- Top with any juices that have accumulated on the pan.
- Top tomatoes with okra and onion; drizzle vinegar mixture evenly over top.
- Sprinkle with basil, parsley, and black pepper.

[[Ashley Christensen](#) via *Cooking Light*]

Louisiana Catfish with Okra & Corn

Prep Time: 30 m | Total Time: 30 m

INGREDIENTS

- 2 cups fresh or frozen sliced okra
- 1³/₄ cups fresh (or frozen) corn kernels
- 1 medium onion, diced
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 1³/₄ teaspoons Cajun or Creole seasoning, divided
- 1 pound catfish fillets, patted dry and cut into 4 portions



DIRECTIONS

1. Preheat oven to 450°F.
2. Combine okra, corn, onion, 2 teaspoons oil and ³/₄ teaspoon Cajun (or Creole) seasoning in a large bowl.
3. Spread the mixture out on a large rimmed baking sheet.
4. Roast, stirring twice, until the vegetables are tender and beginning to brown, 20 to 25 minutes.
5. Meanwhile, sprinkle both sides of catfish with the remaining 1 teaspoon Cajun (or Creole) seasoning.
6. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat.
7. Reduce heat to medium, add the fish and cook until just cooked through and starting to brown, about 4 minutes per side.
8. Serve with the roasted vegetables.

[via [EatingWell](#)]
