

# Okra Stew

Mary Etta Moorachian, Ph.D., R.D., C.C.P., C.F.C.S.

*Okra Stew is a favorite in our southern area and a healthier alternative to typical southern fried okra.*

Serves: 6

Hands-on time: 5 minutes

Cooking time: 30 minutes

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 14½-ounce can stewed tomatoes
- 1 16-ounce package frozen cut okra, thawed

Heat the oil in a medium-size saucepan over low heat. Cook the onion and the garlic 3 minutes or until soft.

Add the tomatoes; bring to a boil. Add the okra and cook, covered, 10 minutes. Uncover; simmer 20 minutes or until the okra is tender.

## **NUTRITION PER SERVING**

Serving size	¾ cup
Calories	70 kcal
Fat	2.5 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Carbohydrates	12 g
Dietary fiber	3 g
Protein	2 g

## **VARIATION**

Use 1¼ pounds fresh okra in place of the frozen. Choose firm, brightly colored pods that are not more than 4 inches long. Increase cooking time to 35 minutes, or until the okra is tender.

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# Smoky Holler Fried Chicken, Mashed Potatoes, and Gravy

Kristine Napier, M.P.H., R.D.

*In a beautiful little hollow of Tennessee—called smoky because of the fog that rose from the ground like smoke every morning—my husband's distant cousins fried chicken every Sunday. A favorite part of this meal was the gravy, made with milk. Enjoy!*

Serves: 4

Hands-on time: 20 minutes

Cooking time: 20 minutes

- 4 to 6 unpeeled red potatoes (about 1 pound)
- 1/3 cup flour
- 3 teaspoons chicken bouillon granules
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 4 skinless bone-in chicken breast halves (about 1 1/2 pounds raw)
- 1 tablespoon butter
- 1 tablespoon canola oil
- 3 tablespoons reduced-fat cream cheese
- 1 tablespoon butter
- 1/2 to 1 teaspoon white pepper
- 1/4 teaspoon salt
- 2 3/4 cups nonfat milk, divided

Scrub the potatoes and cut them into small pieces that will boil quickly. Place in a kettle with enough water to cover, plus 1 inch. Cover and bring to a boil. Reduce heat and simmer until fork tender.

Meanwhile, blend the flour, bouillon, pepper, and garlic powder in a large plastic bag; add the chicken, seal the bag, and shake to coat the chicken.

Heat the butter and the oil in a large skillet over medium-high heat. Add the coated chicken; brown each side about 3 to 4 minutes. (Reserve the remaining flour mixture for making gravy later.) Reduce heat, add 2 tablespoons water, cover, and simmer until the chicken is cooked through, about 10 minutes. Do not overcook.

Remove the chicken from the pan; cover and keep warm. Increase heat under the pan; whisk in the remaining flour mixture. The mixture will be very dry. Slowly add 2 cups milk, whisking as you do; the mixture will thicken. Remove from heat, place the chicken in the gravy, cover, and keep warm.

Drain the potatoes and return them to the cooking pot. Add the cream cheese, butter, white pepper, salt, and remaining 3/4 cup nonfat milk. Cover and heat over low heat, just until all ingredients are hot (do not boil). Mash by hand with a masher or an electric beater or mixer.

## NUTRITION PER SERVING

Serving size	1 piece chicken plus 3/4 cup potatoes plus 1/4 cup gravy
Calories	480 kcal
Fat	6 g
Saturated fat	6 g

Cholesterol	100 mg
Sodium	1,020 mg
Carbohydrates	46 g
Dietary fiber	3 g
Protein	39 g

**COOK'S TIP**

Cooking chicken with the bone in can make it moister and more flavorful.

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