

Tomato, Squash, & Okra Medley

A vegetable medley that goes great over rice.

Cooking Information:

Serves: 3-6

Total Time: 15 minutes



Ingredients:

- * 1 cup okra pods (cut 1/2-inch pieces)
- * 2 cups cherry tomatoes (halved)
- * 1 1/2 cups summer squash (cut 1/2-inch pieces)
- * 2 cups corn kernels
- * 1 tsp garlic (chopped)
- * 2 tsp green onions (chopped)
- * 2 tsp cilantro (chopped)
- * 1/4 tsp cayenne pepper (to taste)
- * 1/2 cup yellow cornmeal
- * 3 tsp olive oil
- * salt and pepper (to taste)

Magnesium per ingredient*

58 mg
20 mg
35 mg
96 mg
0 mg
2 mg
0 mg
0 mg
0 mg
28 mg
0 mg
0 mg

Directions:

1. Toss and coat the okra, cornmeal, and cayenne pepper in a small bowl. Put the coated pieces of okra in a sieve and shake off any excess cornmeal.
2. Sauté okra in skillet until golden brown (5 minutes).
3. Remove okra and transfer onto paper towels to drain off any excess oil.
4. In the same skillet, sauté garlic, squash, and corn (2 minutes).
5. Add tomatoes, cover skillet until squash is tender (5 minutes).
6. Combine okra, cilantro, and green onions.
7. Season with salt and pepper to taste.

One serving of this recipe contains approximately 40-80 mg of magnesium* based on the [Magnesium Calculator](#) within this site. Visit our [Magnesium Calculator](#) to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**