

## Fried Okra Salad

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1 medium onion, diced  
1 medium tomato, diced  
White vinegar  
1 – 2 pounds fresh okra (may use frozen okra)  
Corn meal  
¼ - ½ cup vegetable oil

### *Instructions:*

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Place diced onion and tomato in a small mixing bowl, cover with vinegar and set aside. Roll okra slices in corn meal to cover, then fry in hot vegetable oil until golden brown. Use a paper towel to remove excess oil from okra. Pour off vinegar from tomato and onion mixture. Combine the okra with onion and tomato and serve warm.

Makes 4 servings

Source: Desert Root CSA