

## *Teriyaki Okra*

---

½ cup	soy sauce	2 tsp	onion powder
2 tsp	minced garlic	2 tsp	ginger
3 Tbs	Splenda	4 cups	okra (frozen, cut)
2 tsp	dry mustard		

### Procedure

---

- 1 Make sauce, add okra, cook 20-40 minutes on low to medium until okra turns from bright green to dark green, indicating the okra has absorbed the sauce.

Servings: 8

Yield: 1/2 cup servings

Degree of Difficulty: Very easy

### Nutrition Facts

---

Nutrition (per serving): 44 calories, 2 calories from fat, <1g total fat, 0mg cholesterol, 576.8mg sodium, 260.6mg potassium, 9.9g carbohydrates, 2.2g fiber, 4.7g sugar, 3.2g protein.

### Recipe Tips

---

May use granulated sugar instead of Splenda if desired.

### Reviews

---

11/1/2014

3 Recipe to MS