Curried Okra
Recipe courtesy of Sheri Castle

Makes a main-course or 6 side-dish servings

Ingredients
1 1/4 pounds small fresh okra, tips trimmed, being careful not to cut into pods
1 1/2 tablespoons vegetable oil
1 medium onion, chopped
1 bell pepper, cored and chopped
2 garlic cloves, finely chopped
2 tablespoons finely chopped peeled fresh ginger
1 tablespoon curry powder
Pinch of ground cayenne
1 (14- to 15-oz) can whole tomatoes in juice, tomatoes chopped, reserving juice
1 (19-oz) can chickpeas, drained and rinsed (2 cups)
2/3 cup coconut milk
3/4 teaspoon salt
1/4 teaspoon black pepper
Plain Greek yogurt, for serving

Preparation
Heat the oil in a large heavy skillet over medium-high heat until hot but not smoking.
Cook the onion and pepper, stirring, 2 minutes.
Add the garlic, ginger, curry powder, and cayenne and cook for 30 seconds.
Add tomatoes with their juice, chickpeas, and coconut milk and boil, uncovered, stirring occasionally, 3 minutes.
Stir in okra, salt, and pepper and simmer, covered, stirring occasionally, until okra is tender, about 10 minutes. Serve warm topped with a spoonful of yogurt.

Variations: You can replace the chickpeas with small cubes of roasted or steamed white potato and/or sweet potato and/or winter squash.