



## Okra Medley Crisp

### Ingredients:

- 1 - 1 ½ lbs. fresh Okra
- ½ - 1 cup sliced Onions (color of your choice)
- 1 - 2 cups sliced Bell Peppers (assortment/colors of your choice)
- 1 - 2 minced Garlic Cloves (or 1 tbsps. worth)
- 2 tbsps. Virgin Olive Oil
- 1 tsp. Sesame Oil
- 1 tsp. Goya Sazonador Total
- Sea Salt to taste
- Ground Black Pepper to taste
- 1 Hot Pepper (optional)

### Directions:

1. Wash and dry fresh okra. Either towel blot them dry with a kitchen towel / paper towel or let them air dry completely. Cut both ends of the okra, then slice each okra in half lengthwise.
2. Prepare your other vegetables: ½ - 1 cup of sliced onions (color of your choice), 1 - 2 cups of sliced bell peppers (colors of your choice). Set your vegetables aside. **Optional:** slice up 1 small hot pepper of your choosing. You may remove the seeds if desired to avoid intense heat.
3. In a large pan, add 2 tbsps. of virgin olive oil, 1 tsp. of sesame seed oil, and bring up to medium-high heat. The moment it starts to smoke, add in the vegetables immediately starting off with the minced garlic (briefly stir it in the oil), then the okra, sliced onions, sliced bell peppers, and the optional hot pepper. Work fast and be quite careful as the garlic will splatter on contact.
4. Mix the ingredients swiftly then add in all your spices: 1 tsp. Goya Sazonador Total, sea salt to taste, fresh ground black pepper to taste.
5. Continue to stir frequently to well incorporate the spices as the vegetables "pan sear". Cook it for about 3 minutes, definitely no more than 5 as you stir frequently. Okra Medley Crisp is ready to be served.