

## Boiled Okra

**1 LB. OF FRESH OKRA  
OR 1LB OF FROZEN WHOLE OKRA**

**WATER**

**1/2 TSP. SALT**

**1/4 TSP. PEPPER**

**4 TBSP. SALTED**

**BUTTER**



Place washed okra, salt, pepper, and butter in a saucepan. Cover well with water. Boil on high until okra is soft and starts to separate and show a few seeds. You may have to add water to the pot. Rub with a little butter before serving and sprinkle with salt and pepper. Yummy!

## Brussels (Sautéed)

**1 LB. OF FRESH BRUSSEL SPROUTS**

**2 TBSP. OLIVE OIL**

**3 TBSP SALTED BUTTER**

**1/2 TSP. SALT**

**1/4 TSP. PEPPER**

Wash Brussels cut stems off and half them. If they are jumbo quarter them. Place oil and butter in a skillet. Add Brussels. Salt and pepper them. Cook on medium/low heat for 5 minutes. Cover and cook 5 more minutes. Turn off until ready to serve. Sprinkle with Parmesan cheese before serving if desired.