**Ceylon Cinnamon Okra**

* 1 lb. packet frozen Okra
* 4-5 tbsps. Oil
* 2 tbsps. mustard
* 1tblspns unroasted curry powder
* 1 tbsps. turmeric
* 1 onion
* 1 green pepper
* 1/8 teaspoon cinnamon
* Salt to taste
* 1tblsspn sugar
* 1 tbsp. lime

Directions

Dice onions green pepper. Thaw okra and dry with paper towels.

Add oil to a pan on medium heat. Fry the okra until golden brown.

Then add mustard, turmeric, curry powder, onion, green pepper, cinnamon, salt and sugar and cook for 3 minutes. Remove from heat and add lime juice.