

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
- 1tblsspns 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.