OKRA WITH TOMATOES & BLACK-EYED PEAS

For the okra and tomatoes:
- 1 pound okra, halved lengthwise
- 1 cup cooked black-eyed peas
- 5 cloves garlic, finely chopped
- 1/4 cup extra-virgin olive oil
- 1 can whole peeled tomatoes
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon black pepper

For the rice:
- 1 cup long-grain brown rice
- 3 cups low-sodium vegetable broth
- 1 teaspoon kosher salt

1. Pre-heat oven to 400°F. Place okra, black-eyed peas, and garlic on baking sheet and drizzle with olive oil.
2. Put the tomatoes and their juice in a medium bowl. Crush slightly with the back side of spoon. Stir in cumin and coriander. Pour over okra and add salt and pepper. Roast until the edges of the okra begin to brown, 30 to 35 minutes.
3. Rinse the rice with water and place in a medium saucepan. Add broth and salt. Bring to a low boil over medium-high heat. Reduce heat and cover. Simmer until the liquid is evaporated and the rice is fluffy, 12 to 15 minutes. Serve roasted vegetables over warm rice.

Recipe and Picture Courtesy of: the Kitchn

NUTRITION INFORMATION: 6 servings. 208 calories, 6g protein, 26g carbohydrates, 8g fiber, 10g fat, 61% sodium, 14% iron, 36% vitamin B6, 48% vitamin C, 67% vitamin K