

## ***Okra Fritters***

Non-stick cooking spray  
2 cups okra cut in round pieces  
1 ¼ cups self-rising cornmeal  
½ cup all purpose flour  
1 egg  
½ cup onion finely chopped  
1 ½ cups buttermilk  
Salt, pepper, and garlic mixture  
1 teaspoon sugar  
1 teaspoon hot sauce

### Directions:

1. In a large mixing bowl with spoon mix together all ingredients except okra. Fold in the okra. Heat the non-stick cooking spray in a large skillet. Drop by spoonful into the oil mixture, about ¼ cup measuring cup for each fritter. Fry on one side about 2 minutes or until good and crusty, turn and fry the other side. Drain on paper towels.

Servings: 10 fritters

Nutrient Analysis, per serving: 118 calories, 20g. carbohydrate, 4g. protein, 2g. fat, 290mg. sodium