



okra

TASTY TIDBITS



Nutrition Nuggets

- Okra is a low-calorie and low-sodium food.
- It supports a strong immune system and contains fiber for a healthy digestive system.



How to Store

- Store okra in the refrigerator for up to 3 days.
- Store in the freezer for 8 to 10 months.



How to Prepare

- Wash and dry.
- Remove and discard the stem end and chop.
- Leave whole, if desired.



How to Enjoy

- Serve raw as a crunchy snack or add to soups, stews, or side dishes.
- Sauté, roast in the oven, pickle, boil, or steam.

#DYK

- Most cooks agree that okra about 4 to 5 inches long is considered the perfect size.

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okra RECIPES

Sautéed Okra

INGREDIENTS

- 2 cups fresh okra, sliced
- 3/4 teaspoon oil
- Nonstick cooking spray as needed

DIRECTIONS

1. In a bowl, mix sliced okra and oil.
2. Coat a large fry pan with cooking spray.
3. Place over medium heat and add okra, turning often with a wooden spoon or spatula.
4. Cook until okra is browned, about 10 minutes.

Optional: Serve with hot sauce, your favorite relish, or minced garlic for flavor.

Roasted Okra

INGREDIENTS

- 12 okra pods, whole
- Olive oil
- Optional: Italian herb seasoning mix

DIRECTIONS

1. In a saucepan, bring a small amount of water to a boil.
2. Add the okra and cover the pan with a lid.
3. Cook for about 8 to 10 minutes.
4. Drain off the liquid and sprinkle with any seasonings for added flavor.

Stovetop Okra

INGREDIENTS

- 4 to 5 okra pods, whole
- Optional: cayenne pepper, smoked paprika

DIRECTIONS

- In a saucepan, bring a small amount of water to a boil.
- Add the okra and cover the pan with a lid.
- Cook for about 8 to 10 minutes.
- Drain off the liquid and sprinkle with any seasonings for added flavor.