



ROASTED OKRA

RECIPE AND INGREDIENT FACTS SHEET

ADAPTED FROM
[HTTPS://HILAHCOOKING.COM/ROASTED-OKRA/](https://hilahcooking.com/roasted-okra/)

What is Okra?

- Okra is the immature seed pod of an okra plant. It is known for its slimy texture that can be used to thicken stews.
- Cooking okra using dry heat like in the oven or air fryer can help minimize the slimy texture.

Nutritional benefits of Okra

- Okra contains vitamin C, and vitamin K. Vitamin K is needed to assist in blood clotting. Vitamin C is used to help form blood vessels and for immune support.
- 1 cup of okra has about 3 grams of fiber and 2 grams of protein.



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Recipe

Ingredients

- 12 ounces fresh okra (or frozen chopped)
- 4 teaspoons oil
- 2 tablespoons diced onion
- 1/2 teaspoon salt
- Optional seasoning: 1/2 teaspoon cumin, turmeric; minced serrano chile

Instructions

1. If using fresh okra, slice into pieces a little thinner than 1/2 inch. If using frozen okra, do not thaw.
2. Toss okra (fresh or still-frozen) with onion, oil, salt and any additional seasonings until evenly coated. Spread onto a baking sheet and roast at 425°F for 15-20 minutes (fresh) 35-45 minutes (frozen) until well-cooked and toasted.
3. Serve hot.