



OKRA

IN SEASON

June - October

HOW TO SELECT

Choose small to medium, brightly-colored firm pods.

HOW TO STORE

Refrigerate okra in a sealed plastic bag up to 3 days. Okra can also be stored frozen in an airtight container up to 8 months.

HELPFUL TIP

Try blanching & freezing washed okra to enjoy OK Grown okra all year long.

BAKED POPCORN OKRA

OKRA



Nutrition Facts

1 of 1 certified

Serving size: 10 pieces (63g)
Servings Per Recipe 8

Amount Per Serving

Calories 80 Calories from Fat 15

% Daily Value

Total Fat	1.5g	4%
Saturated Fat	0g	2%
Trans Fats	0g	
Cholesterol	25mg	8%
Sodium	20mg	1%
Total Carbohydrate	14g	4%
Dietary Fiber	2g	8%
Sugars	less than 1g	

Protein 3g

Vitamin A	4%	Vitamin C	10%
Calcium	4%	Iron	4%

35 MIN | SERVES 8

INGREDIENTS:

- 1 egg
- 1/2 cup whole-wheat flour
- 1/2 cup 1% low-fat milk
- 1 tsp canola oil
- 1/2 cup cornmeal
- 1/2 tsp chipotle pepper powder
- 1/4 tsp cumin
- 1/2 tsp dried oregano
- 1 tsp garlic powder
- 2 cups sliced **OKRA**
- Non-stick cooking spray

PREPARATION:

1. Preheat oven to 425°F.
2. In a medium bowl, beat egg until well mixed. Add flour, milk & oil to make batter. Mix well.
3. In a large zip-close plastic bag, add cornmeal, chipotle pepper, cumin, oregano & garlic powder to make breading. Close bag & shake well.
4. Dip 1/2 cup okra into batter. Completely coat & remove with slotted spoon & place into breading bag. Close & shake bag to cover okra with breading mixture. Repeat until all okra is covered.
5. Spray a baking sheet with cooking spray. Place okra on baking sheet & bake 20 minutes or until golden brown.
6. Remove from oven & serve immediately.