

*A simple guide to*  
**OKRA**



Okra has a mild flavor with a crunchy outside & a silky texture inside.

### In Season



### How to Select



✓ Choose small to medium, bright green & firm pods.

✗ Avoid pods that are soft, sticky or have dark spots.

### How to Store

#### Raw

- Refrigerate unwashed okra in a zip-close bag up to 3 days.
- Blanch sliced okra in boiling water for 1 minute. Freeze in airtight container up to 8 months.

#### Cooked

- Refrigerate in airtight container up to 3-5 days.

### How to Prepare

#### Stovetop



Rinse & drain well. In a saucepan, heat 1-2 Tbsp of oil over medium-high heat. Add sliced okra & cook 3-4 minutes until bright green. Remove from heat & season as desired.

#### Microwave



Place rinsed, sliced okra in a microwave-safe dish with 2 Tbsp of water. Cover & microwave 4-6 minutes or until tender. Drain well & season as desired.

#### Oven



Preheat oven to 425°F. Lightly coat a foil-lined baking sheet with non-stick cooking spray. Place one layer of sliced okra on baking sheet. Bake 10-15 minutes until lightly browned.



# OKIE SHRIMP & OKRA

## Ingredients:

- 2 cups instant brown rice
- 3 Tbsp olive oil, divided
- 1/2 lb fresh okra, sliced
- 1 large bell pepper, diced
- 2 cups grape tomatoes, halved
- 4 cloves garlic, minced
- 1 lb frozen peeled & deveined shrimp
- 1 tsp red pepper flakes
- 2 Tbsp minced fresh parsley

## Preparation:

1. Prepare rice according to package directions. Fluff with fork & set aside.
2. In a large, deep skillet, heat 2 Tbsp oil over medium-high. Add okra & pepper. Cook 4-5 minutes or until lightly browned. Add tomatoes & cook 2-3 minutes. Transfer to large bowl.
3. Add remaining oil, garlic, shrimp & red pepper flakes to skillet. Cook 2-3 minutes or until shrimp is fully cooked. Stir in okra mixture & cook 1-2 minutes or until warm.
4. Serve over rice & top with parsley.

## Tips:

To prevent okra from having a slimy texture, add acidic ingredients like vinegar, tomatoes, or lemon juice while cooking.

30 Min | Serves 8

### Nutrition Facts

8 servings per recipe	
<b>Serving size</b>	(178g)
<b>Amount per serving</b>	<b>200</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 330mg	14%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 1mg	6%
Potassium 334mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.