



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.

LOUISIANA CATFISH



Nutrition Facts

Serving size: 1 fillet (320g)
Servings Per Recipe 4



Amount Per Serving

Calories 309 **Calories from Fat 144**

% Daily Value

Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fats 0g	
Cholesterol 53mg	20%
Sodium 213mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	15%
Sugars 7g	
Protein 21g	
Vitamin A 8%	Vitamin C 25%
Calcium 8%	Iron 8%

35 MIN | SERVES 4

INGREDIENTS:

- 2 cups chopped **OKRA**
- 1 3/4 cups corn
- 1 medium onion, diced
- 2 Tbsp olive oil, divided
- 2 tsp creole seasoning, divided
- Non-stick cooking spray
- 4 (4 oz) catfish fillets

PREPARATION:

1. Preheat oven to 450°F.
2. In a large bowl mix okra, corn, onion, 1 Tbsp oil & 1 tsp seasoning. Lightly coat a large glass baking dish with cooking spray. Spread vegetables evenly in dish & roast 10 minutes.
3. Meanwhile, add remaining oil & seasoning to the bowl. Whisk together. Add fish & marinate in oil mixture.
4. Remove dish from oven & stir vegetables. Place fish over vegetables & cover with foil. Bake another 10-15 minutes or until fish flakes easily with fork. Serve fish over vegetables.



Cooking Video @ onieproject.org/videos