Stir Fry Okra (makes about 4 servings, ½ c each)

Okra is a pod type of fruit that eaten as a vegetable. Also called “lady’s fingers” because of its long and slender shape, okra is popular in Southern and Creole cooking. It is high in Vitamin C, B vitamins and fiber. Okra can be fried or cooked in gumbos or soups.

Kitchen tools:
- 1 colander and 1 large bowl
- 1 large skillet and cover
- 1 knife and 1 large rubber spatula
- 1 cutting board

Ingredients:
- 1 bunch of fresh okra (about 2 cups)
- Salt and pepper to taste
- 2 to 3 tbsp. olive or vegetable oil

What to Do:
2. Cut okra in small round circles (about ½ inch thick).
3. Season with few sprinkles of salt and pepper to taste.
4. Heat oil in large skillet; add okra. Stir often, fry until slightly brown (about 15 minutes) and tender.
5. Serve as side dish or over rice. Enjoy!

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by U.R. Taylor, MS, RDN, CDN, Educator/EFNEP Supervisor
Ref. The Wellness Encyclopedia of Food and Nutrition, University of California at Berkley