

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 knife and 1 large rubber spatula
1 large skillet and cover	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:

1. Rinse okra in colander. Pat dry. Cut off top crown of okra (about ¼ inch).
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!

June 2022

by U.R. Taylor, MS, RDN, CDN, Educator/EFNEP Supervisor

Ref. The Wellness Encyclopedia of Food and Nutrition, University of California at Berkley