



OVEN-FRIED OKRA



INGREDIENTS

- 1 pound fresh or frozen okra
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 cup Greek yogurt
- 1/2 - 3/4 cup coarsely ground cornmeal
- Cooking spray, like canola or corn oil

DIRECTIONS

1. Preheat oven to 400°F.
2. If using fresh **okra**, rinse well, cut off stem end and cut remainder of pod into 1/2" pieces lengthwise. If using frozen, do not thaw.
3. In a medium bowl, toss okra with **salt** and **pepper**.
4. Add **yogurt** to okra and toss to coat. Thin with a bit of water if needed.
5. Add a couple of handfuls of coarsely ground **cornmeal** and gently stir to coat. Add more cornmeal as needed to coat.
6. Spray a sheet pan with **cooking spray** (olive or canola) and add okra to pan.
7. Spray okra well with more cooking spray.
8. Bake for 20 minutes.
9. Toss and stir okra, spray well again, and return to oven for 15-20 minutes.
10. If it's not brown enough, broil it for a few of minutes until it's golden brown.
11. Remove from oven and serve immediately.

SERVES 4

TOOLS & EQUIPMENT

Oven, mixing bowl, spoon or spatula, sheet pan (cookie sheet). (Knife and cutting board if using fresh okra.)

GREAT ADDITIONS/SUBSTITUTIONS

Try sprinkling chili powder and/or ground cumin with a squeeze or splash of acid (lime, lemon, apple cider, or red wine vinegar).

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