

OKRA

Selection Info

Look for okra that is brightly colored, dry, and firm.

Preparation

Rinse okra in a cool stream of water when ready to use. Okra contains a viscous liquid that, when cut, can be used to thicken soups and stews. The more you cut okra the slimier it will be. You can cook okra whole; be sure to carefully remove stem and tip end without opening pod before you cook it.

Okra can be steamed, boiled, pickled, sautéed, or stir-fried. **Do not cook okra in pans made of copper, brass, or iron as the chemical properties will turn okra black.**

Steam: Place rinsed okra in a steaming basket over about 1-2

inches of boiling water. Cover and cook for until tender yet crisp (about 5 minutes). Toss with butter and preferred seasoning.

Boil: Place rinsed okra in sauce pan with boiling water, cover, and cook for approximately 10 minutes. Season to taste.

Sauté: Drizzle a large skillet with olive oil and heat to high. Trim end of rinsed okra, then add it to the skillet. Sauté or until pods are crisp and bright in color (about 3-6 minutes). Season to taste.

Storage

Short-Term Storage: Store okra in the warmest part of the refrigerator in a loose or perforated plastic bag and rinse just before use. Use okra within 3-4 days.

Long-Term Storage: Okra can be canned, frozen, or pickled.



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OKRA AND GREENS

Ingredients

- 1 small onion (finely chopped)
- 2 tablespoons corn oil
- 1 pound packaged (about 1 1/2 packages) shredded greens such as mustard or collard
- 16 okra (washed with stems removed)
- 4 hot peppers (finely chopped and crushed)
- 1/4 cup water
- 1 lemon

Directions

1. Chop onion. Wash okra and remove the stems. Finely chop hot peppers.
2. Warm corn oil in a large heavy pan over medium heat. Add onions and sauté until golden brown (about 5 minutes).
3. Add hot peppers, okra, greens, and water to the skillet.
4. Bring water to a simmer, turn heat to low, cover skillet, and heat until greens are tender.
5. Squeeze lemon juice over greens before serving.



Learn more about **OKRA** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food-okra>.

 *Share your recipes!*

Nutrition Information

Serving Size 1/5 of recipe

Nutrients	Amount
Total Calories	100
Protein	4g
Carbohydrates	12g
Dietary Fiber	5g
Total Sugars	4g
Total Fat	6g
Saturated Fat	1g

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