

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 skilletwith 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

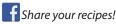
- 1 small onion (finely chopped)
- 2 tablespoons corn oil
- 1 pound packaged (about 1 1/2 packages) shredded greens such as mustard or collard
- 16 okra (washed with stems removed)
- 4 hot peppers (finely chopped and crushed)
- 1/4 cup water
- 1 lemon

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.







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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f Share your recipes!

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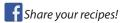
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PURDUE

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