

## 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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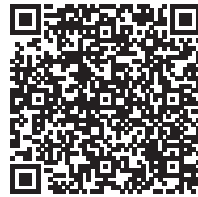
# OKRA AND GREENS

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