

Crispy Oven Roasted Okra

Forget deep frying – this recipe results in deliciously crunchy okra without the extra calories and fat!

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

2 pounds	Okra, fresh
2 Tbsp	Olive Oil
1 tsp	Kosher Salt
½ tsp	Black Pepper
1 Tbsp + 1 tsp	Garlic Powder
1 tsp	Smoked Paprika

CHEF'S NOTES

Many people don't like okra because they think it's slimy, but this recipe showcases its crunchy side. Okra has a great nutritional profile with 3g of protein and 4g of fiber in a 1 cup serving. It's also a great source of Vitamin C and Vitamin K. You can customize the spices in this dish to suit your tastes.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F. Prepare a baking sheet by lining with parchment paper.
2. Prepare the okra by trimming the tops and slicing each pod in half lengthwise. Toss the cut okra in a large bowl with the oil and then the salt, pepper, garlic powder, and smoked paprika.
3. Arrange the seasoned okra on the prepared sheet pan, cut side down. Make sure to spread them in an even layer. If necessary, use additional pans to avoid overcrowding the pan.
4. Place the okra in the oven and roast for about 18-20 minutes, rotating the pan half-way through and tossing, as needed. The okra should be brown and crisp. Serve alone as a crunchy side dish or with your favorite dipping sauce – we like Cucumber Tzatziki!

Nutrition Facts

6 servings per container

Serving Size 1 cup (159 g)

Amount per serving

Calories 100

% Daily Value *

Total Fat 5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 13g 5%

Dietary Fiber 5g 19%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 3g 7%

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 1mg 6%

Potassium 500mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

