

Oven Fried Okra

Note: One serving of Oven Fried Okra equals one serving of vegetables.

Serves: 8 (serving size – ½ cup)

1¾-pounds fresh okra

4 tablespoons olive oil


½ cup breadcrumbs*

2 teaspoon garlic powder

¼ teaspoon pepper

¼ teaspoon salt

Directions

1. Wash okra and drain.
2. Remove tips and stems and cut okra into ½ inch slices.
3. Coat the okra in the oil, seasonings, and breadcrumbs. Mix thoroughly. Add more oil if dry mixture is not sticking.
4. Spread in a single layer on a cookie sheet.
5.  Bake at 450° for 30–40 minutes. Bake until crisp, stirring occasionally.

*To make your own breadcrumbs, see “Quick Cooking Tips” on page 10.

Nutrition Facts	
servings per container	
Serving size	(114g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 1mg	6%
Potassium 320mg	6%

*The % Daily Value 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.