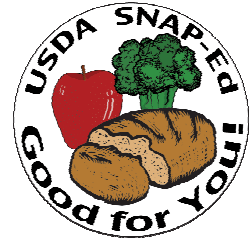




# Okra



## Selecting Fresh Okra:

- Choose small, 2 to 4 inch pods that are dry, firm and deep green in color.
- Avoid any that are blemished, look dull, dry, shriveled or discolored.
- Also avoid larger pods because they are usually woody and tough.

## Measuring Fresh Okra:

1 pound = 35 pods = 1½ cup sliced

½ cup cooked okra = 80 grams

## Handling, Ripening and Storing:

- Handle okra carefully because the pods bruise easily.
- Optimum conditions for storing okra are a moist environment and temperatures of 45 to 50°F.
- Place fresh okra in a paper bag, or wrap it in a paper towel and place inside a perforated plastic bag and store in the refrigerator for 2 to 3 days.
- For longer storage, blanch the whole okra then freeze.

## Preparation and Serving:

- Okra can be used in various ways, in many different types recipes.
- The more okra is cut, the slimier it will become. To avoid this, carefully trim the stems (leaving the caps on) without puncturing the okra pod.
- Many recipes call for sliced okra and the sliminess is desired as a thickening agent.
- You can enjoy okra steamed, boiled, pickled, sautéed, or stir-fried whole.
- Okra is a sensitive vegetable and should not be cooking in pans made of iron, copper or brass since the chemical properties turns okra black.
- Avoid the tendency to overcook okra.

**Nutrition Facts:** One serving= ½ cup boiled okra: Calories 18, Protein 1 gram, Carbohydrates 4 grams, Fat 0 grams, Fiber 2 grams . Okra also contributes vitamin C, folic acid, potassium, and magnesium to the diet.

**References:** <http://www.fruitsandveggiesmatter.gov>, <http://www.yourproduce.com>, <http://southernfood.about.com/library/info/blequivm.htm>, <http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2498/2>

## Okra and Green Beans \$

*Serves 6*

### Ingredients:

- 1 lb okra, uncut
- 1 Tbsp olive oil
- 1 medium onion, diced
- 1 lb fresh green beans
- 2 large garlic cloves, crushed then chopped
- 1 cup water
- ½ tsp salt
- ½ tsp ground pepper
- 1 6-ounce can tomato paste



Wash okra pods, trim stems, do not remove caps. Rinse well and drain. Wash beans and cut into 3 inch lengths. Combine water, tomato paste, olive oil, onion, garlic, salt and pepper in a sauce pan and mix well. Heat, stirring frequently, until mixture comes to boil. Add okra and beans and additional water if necessary to almost cover vegetables. Reduce heat to low, cover and simmer gently until vegetables are crisp-tender, 20 to 30 minutes. Serve it warm or cold and enjoy!

\*This dish can also be oven-baked. Instead of simmering, lightly cover with aluminum foil and bake for 30 minutes at 350°F.

**Nutritional analysis per serving:** Calories 106, Protein 5g, Fat 3g, Calories From Fat 19%, Cholesterol 0mg, Carbohydrates 19g, Fiber 7g, Sodium 187mg.

### Approximate Pricing Scale

\$ = \$10-\$15    \$\$ = \$15-\$20    \$\$\$ = \$20-\$25