

Okra

Preparation Tips

- Okra can be boiled, baked or fried. It combines well with other vegetables, especially tomatoes, and is a natural thickening agent.
- Rapid cooking will preserve flavor and prevent pastiness.
- Okra should not be cooked in copper, iron or brass cookware. The reaction between okra and these metals causes the pods to discolor.
- Contact your county Extension office for canning and freezing directions.

History

Egyptians have been eating okra for centuries. A Spanish physician visiting Egypt introduced okra to his country in the 12th century. Later okra was taken to England where it was dubbed “gumbo” and used in soups for its thickening power. Today okra is grown in many countries, especially South America and the southern United States.

Buying & Storage Tips

- Choose pods that are crisp-looking yet tender and 2 to 4 inches long.
- Avoid pods that are limp and old or streaked with brown.
- Allow ¼ pound per serving.
- Fresh okra is very perishable. Keep no more than 2 to 3 days in the refrigerator.

- Store in a paper bag or wrapped in a paper towel and placed inside a perforated plastic bag to keep pods very dry. Moisture turns pods slimy.

Nutrition Information

Vegetables are an important source of fiber and many nutrients. Although the actual amounts of the nutrients present may seem small, their contribution is significant if three or more servings of vegetables are eaten daily. Okra provides vitamins A, C, K and folate. It is also a good source of potassium, calcium and magnesium.

1/2 cup okra

Calories: 30	Carbohydrate: 5.8 g
Sodium: 4 mg	Potassium: 257 mg
Protein: 1.5 g	Vitamin A: 5% RDI
Fat: 0.1 g	Vitamin C: 26% RDI
Calcium: 5% RDI*	Folate: 9% RDI

*Reference Daily Intake



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Okra is high in vitamin C, folate and other B vitamins, magnesium, potassium and calcium and low in fat, calories and sodium.

Recipes

Mediterranean Baked Okra

4 servings Total Time: 1½ hours

Ingredients

1 pound fresh okra	½ bunch flat leaf parsley, finely chopped
½ cup red wine vinegar	1 teaspoon freshly ground black pepper
¼ cup olive oil	½ cup water
1 red bell pepper cut in thin strips	1 teaspoon crushed red pepper flakes
1 green bell pepper cut in thin strips	
2 white onions, chopped finely	
3 tomatoes sliced in rounds	

Directions

Preheat oven to 375°F

1. Wash okra and dry well.
2. Trim off the end of the stems, being careful not to cut into the pod.
3. Put okra in a large, flat dish and sprinkle with vinegar. Make sure all sides are coated well.
4. Allow to marinate at least 30 minutes. Rinse okra well in cold water and drain.
5. Meanwhile, heat 2 tablespoons olive oil in a skillet and cook onions until golden brown.
6. Place okra pods in rows in a baking dish and sprinkle with onions.
7. Put tomato slices on okra and then crisscross pepper strips on tomatoes.
8. Scatter the parsley over and season with plenty of black pepper and pepper flakes.
9. Drizzle rest of olive oil evenly over vegetables and add water.
10. Bake at 375°F for almost an hour.
11. Allow to cool and serve barely warm.

Nutrition Information Per Serving:

Calories: 145	Protein: 3 g
Fat: 9 g	Carbohydrate: 14 g
Saturated Fat: 1 g	Fiber: 5 g
Cholesterol: 0 mg	Sodium: 42 mg

Roasted Okra

3 servings Total Time: 20 minutes

Ingredients

18 small fresh okra pods (If using larger pods, slice into ½-inch pieces.)
1 tablespoon olive oil
½ teaspoon kosher salt, or to taste
½ to 1 teaspoon black pepper, or to taste

Directions

1. Preheat an oven to 425°F.
2. Arrange the okra in one layer on a foil lined cookie sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the preheated oven for 10 to 15 minutes. Turn every 5 minutes for even browning. Experiment with other seasonings to your taste.

Nutrition Information Per Serving:

Calories: 61	Protein: 1 g
Fat: 5 g	Carbohydrate: 5 g
Saturated Fat: 1 g	Fiber: 2 g
Cholesterol: 0 mg	Sodium: 393 mg

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Enjoy Arkansas' Fresh Okra