



HOW DOES IT TASTE?

Okra has a unique mildly sweet, grassy flavor. The longer you cook it, the more in-depth the flavor gets. The texture can be crispy and juicy or dense and creamy depending on how you cook it.

HOW DO I PICK IT?

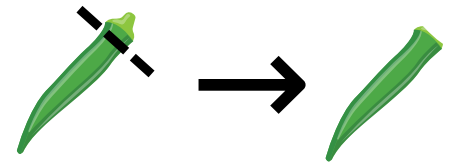
When picking okra, test that the pod is firm by slightly bending the tip. If the tip is firm or snaps off then it is fresh. You also want to make sure the middle of the pod isn't bulging, and it is free of slime and blemishes.

HOW DO I STORE IT?

If not using immediately, store okra in a sealed container in the refrigerator. Make sure to use okra within 3 days of purchasing.

HOW DO I PREPARE IT?

1. Trim off the stem end of each okra pod.
2. Rub the okra with a paper towel under running water to remove fuzz.
3. If you prefer firmer okra, soak okra pods in vinegar for 30 minutes. Rinse and dry before cooking. Use as suggested in the recipe.



Okra can be cooked in a variety of ways. You can **boil, fry, steam, sauté,** and **grill** it. It can also be used in stews, soups, casseroles, and curries. You can **pickle** okra or eat it as is.

Sauteed Okra

Ingredients

- 2 cups okra (fresh, sliced)
- 2 teaspoons vegetable oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

1. In a bowl, mix sliced okra, oil, salt, and pepper.
2. Preheat a large frying pan over medium heat.
3. Add okra mixture to pan. Turn often with a wooden spoon or spatula.
4. Cook until okra is browned, about 10 minutes.
5. Serve with hot sauce or relish.

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KITCHEN TIP!

Some people complain that okra can be slimy when cooked. If you prefer your okra with a firmer texture, keep these tips in mind. When buying okra, the smaller the pod, the less slimy and less seedy it is. After washing okra, make sure to dry the pods well. Cook okra quickly over high heat to keep a firmer texture. The longer you cook it, the slimier it gets.