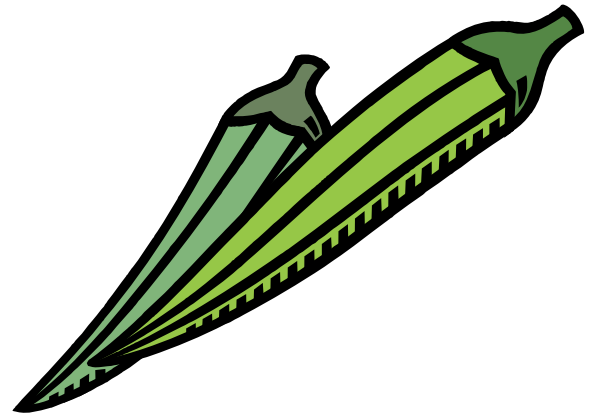


Okra, by Any Other Name

Bhindi Bhaji

- 2 tablespoons canola oil
- 1 small onion, finely chopped
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{2}$ teaspoon chili powder (optional)
- $\frac{1}{4}$ teaspoon ground turmeric
- 1 (5 ounce) can diced tomatoes
- 1 pound okra

Wash the okra and pat dry with paper towels. Trim the ends and cut into 1-inch pieces. Heat the oil in a deep, heavy-bottomed frying pan over medium heat, and fry the onion until lightly browned. Add the spices and tomatoes and fry to 1 minute until well mixed, mashing the tomatoes. Add the okra and stir until well coated. Bring to a boil, cover and simmer for 5-6 minutes or until okra is cooked through and no longer slimy. If there is any excess liquid, simmer uncovered until the liquid evaporates. Makes 4 servings.



Fresh Okra Succotash

- 1 quart okra, washed and sliced
- 1 cup young lima beans
- 1 cup fresh corn kernels
- 3 large tomatoes
- 1 tablespoon butter
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Peel and seed tomatoes; cut into small pieces and place in a large, non-reactive sauce pan, stock pot or Dutch oven. Add sliced okra, salt and pepper. Cover the pot and simmer gently for 15 minutes. Add lima beans; simmer for another 15 minutes, then add the corn. Cook 20 minutes longer; add butter and stir. Makes 6 servings.

Okra Fries

18 fresh okra pods, sliced down
the middle into "fries"
1 tablespoon olive oil
1 teaspoon kosher salt
1 $\frac{1}{2}$ teaspoons black pepper

Preheat oven to 425°F. Line a
baking sheet with foil. Arrange
the okra slices into a single layer.
Drizzle with olive oil and sprinkle
with salt and pepper. Bake for 15
minutes, until crispy. Serve while
hot with ketchup on the side.

Oven Fried Okra

3 cups sliced okra, $\frac{1}{4}$ inch slices
2 tablespoons whole wheat flour
2 tablespoons corn meal
Butter flavored pan spray
Seasoning of choice

Slice okra in $\frac{1}{4}$ inch slices. Toss
with flour, cornmeal and
seasoning. Spray and toss two
more times. Lay flat on a baking
sheet and bake 15-20 minutes at
350°-400°F. Makes 4 servings.

**Okra: "Lady's finger"
West African origin**

Okra Fritters

Canola oil
1 $\frac{1}{2}$ cups self-rising flour
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon garlic powder
1 cup buttermilk
1 egg
4 cups okra, chopped

Heat oil in a cast iron Dutch oven
to 350°F. In a large bowl add
flour, seasoning, buttermilk and
egg. Mix well together. Add okra
to mixture and coat. Using a
tablespoon, scoop mixture into
the hot oil. Constantly flip
fritters to cook and brown evenly,
about 12 to 15 minutes. Remove
fritters with a slotted spoon and
drain on paper towels. Serve hot.
Makes 4 to 6 servings.

*Member of the
Mallow Family*

Related to cotton,
hibiscus,
and hollyhock.



Okra and Summer Veggies

3 cups sliced okra
2 cups fresh cut corn
4 or 5 tomatoes, peeled & chopped
3 tablespoons butter or margarine, melted
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
4 slices bacon, cooked and crumbled (optional)

Combine okra, corn, tomatoes and butter in a large skillet. Cover and simmer 15 minutes stirring occasionally. Sprinkle with bacon if desired.

Okra Creole

1 cup sliced okra
 $\frac{1}{4}$ cup chopped bell pepper
1 $\frac{1}{2}$ cup chopped tomato
 $\frac{1}{3}$ cup chopped onion
2 tablespoons butter
1 tablespoon sugar
Salt and pepper to taste

Sauté okra, onion, and green pepper in butter for five minutes. Stir in remaining ingredients and cook over low heat for 15 minutes. Serve hot.

Okra and Corn Casserole

2 cups sliced, fresh or frozen okra
3 to 4 tablespoons butter, divided
1 $\frac{1}{2}$ cups cooked corn kernels
2 tablespoons flour
1 cup milk
8 ounces shredded sharp Cheddar cheese
1 cup dry bread crumbs

Stir-fry okra in 2 tablespoons butter for 10 minutes. Place in baking dish alternating layers with drained corn. Make a white sauce by melting remaining butter in a saucepan over low heat and blending in flour. Add milk all at once, cooking quickly and stirring constantly. Add cheese and stir until melted and blended well. Pour sauce over vegetables. Melt remaining 1 or 2 tablespoons butter and toss with bread crumbs. Sprinkle buttered crumbs over casserole. Bake at 350° for about 45 minutes, or until heated through.

Also known as:

Okro, ochro, bamia, bamie, gombo, gumbo, quiabo, and qiunbombo

Okra Bread

- $\frac{1}{2}$ cup hush puppy mix
- $\frac{1}{2}$ cup milk
- 1 egg, beaten
- 1 teaspoon salt
- Dash pepper
- 3 tablespoons vegetable oil
- 2 cups thinly sliced okra

Combine first six ingredients. Stir in okra. If batter is too moist add a bit more hush puppy mix. Pour into greased and floured 8-inch pan. Bake at 350°F for 1 hour or until golden brown. Cut into squares.

NUTRITION

**1 cup chopped okra
= 8 (3") pods =
31 calories**

**Good source of beta carotene,
lutein, Vitamin A, Vitamin C**

Okra Rice

- 1 pound bacon, cooked and crumbled
- 1 large onion, chopped
- 3 cups sliced fresh or frozen okra
- 1 (14.5 ounce) can chicken broth
- 1 cup uncooked rice
- 1 $\frac{1}{2}$ cups water

Place bacon in large, deep skillet. Cook over medium high heat until evenly brown. Drain grease and set aside for later use. Crumble bacon and set aside. In the same skillet, sauté onion in a small amount of reserved bacon grease over medium high heat until tender, about 3 minutes. Add crumbled bacon, sliced okra, and chicken broth. Reduce heat and simmer until okra is tender and falling apart, about 15 minutes. Stir in rice and water. Cover, and simmer for 20 minute, or until fluffy.

