



## Roasted Okra

*This slippery vegetable is packed with nutrients, low in calories, and high in fiber. It is an excellent source of vitamin C, vitamin K, and B vitamins. Cooking at higher temperatures (like roasting) can reduce the sliminess of the pod. Adding acidic ingredients (tomatoes or lemon juice) can also minimize the slimy texture.*

- 8-10 okra pods
- 2 Tablespoons vegetable oil
- Salt and pepper, to taste
- ½ tsp minced garlic
- 1 Tablespoon lemon juice

Preheat oven to 400° F. Rinse and dry okra pods. Remove top and bottom ends and then slice okra into ⅓ inch pieces. In a medium bowl, combine oil, salt, pepper, and garlic. Add okra and stir until okra is lightly coated with oil mixture. Spread okra in a single layer on large baking sheet. Bake 10 minutes, or until okra is lightly browned on the edges. If desired, sprinkle with lemon juice. Serve immediately.