

Okra



Health Benefits

- Rich in vitamin K which has an important role in blood circulation.
- Contains a good amount of fibre, which promotes digestive health and heart health.

Storage

In the refrigerator, wrapped in paper towels without being washed beforehand. Okra can be bought frozen so they last longer.

Preparation

Remove the ends. Wash and dry. Okra can be eaten raw or cooked.



Okra baked in the oven

Ingredients:

Okra

Olive oil

Spice of your choice

Salt and pepper to taste



Directions:

1. Preheat the oven to 400°F.
2. Cut off both ends, rinse okras.
3. Mix okra, oil and spice in a bowl.
4. Spread okra in a single layer on a baking sheet.
5. Bake in the middle of the oven until the okra are golden brown. About 15 minutes
6. Enjoy!

*Recipe inspired by soscusine.com