

Pamela H. Allen,
Escambia County EFNEP Agent
850 475-5230

Dorothy C. Lee,
Escambia County FCS Agent
850 475-5230

Linda Bowman,
Santa Rosa County FCS Agent
850 623-3868



Produce Pointers

Uses & Preparation

- ❖ Wash just before cooking only. If pods are very fuzzy, rub them in a kitchen towel.
- ❖ To cook whole okra, trim just the barest slice from the stem end without puncturing the pods. This way, the juices won't be released and the okra won't get gummy.
- ❖ Boil or microwave whole until just tender. Dress with lemon juice & ground black pepper.
- ❖ If okra is used in a soup, stew or casserole that requires longer cooking, it should be cut up and the juice allowed out.

Selection

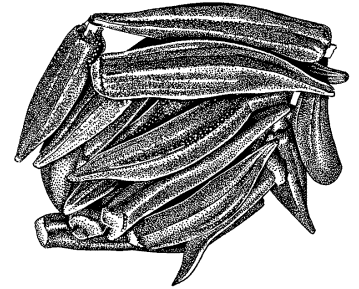
- ❖ Choose pods 2 to 3 in. long, deep green, firm and blemish free. Pods should snap easily, and puncture with slight pressure.

Storage

- ❖ Refrigerate in a plastic bag up to 3 days.

Okra

Although not well-known outside of the South, okra is a staple in Louisiana's famed Creole cooking. The green pods have a rigid skin and a tapered, oblong shape. When cooked, okra gives off a sticky juice that will thicken any liquid to which it is added.



Nutrition Information

- ☛ Fat & cholesterol free ☛ Very low in sodium ☛ Low in calories ☛
- ☛ Good source of vitamin A, folate, thiamin, & magnesium ☛
- ☛ High in vitamin C ☛

Recipes

Okra and Tomatoes

2 pounds okra, cleaned and cut crosswise into ½-inch slices
1 medium onion, chopped
¼ cup chopped green pepper
2 tablespoons vegetable oil
1 (14½ oz.) can whole tomatoes, undrained
1 tablespoon vinegar
1 teaspoon salt
⅓ teaspoon black pepper

Sauté onion & green pepper in oil over medium heat until tender. Add tomatoes, vinegar, salt and pepper; stir well. Cover and cook over low heat 5 minutes. Add okra; cover and simmer 1 hour.

Okra, Tomatoes, & Corn

1 pound okra, in ½-inch slices
2 large fresh tomatoes, peeled, seeded, and chopped
1 cup corn kernels
2 tablespoons butter or margarine
1 small onion, chopped fine
1 small green pepper, chopped fine
½ teaspoon oregano
Salt and pepper to taste

Melt margarine in a pan, add onion and green pepper; cook over medium heat for 3-4 minutes, stirring often. Add okra and cook, stirring often, for 2 minutes. Add the tomatoes, corn, and oregano. Cover and simmer over low heat for 10 minutes.



The Institute of Food and Agricultural Sciences is an Equal Employment Opportunity — Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS, STATE OF FLORIDA, IFAS, UNIVERSITY OF FLORIDA, U.S. DEPARTMENT OF AGRICULTURE, AND BOARDS OF COUNTY COMMISSIONERS COOPERATING.