

OKRA

Native to tropical and warm temperate regions in the world, okra pods are harvested when they are green and tender, in early stages of growth.

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BEST COOKING METHODS

- STEWED
- PICKLED
- RAW
- STEAMED

RECIPE IDEAS

- GRILLED WITH HOT PEPPERS
- STEWS
- ROASTED

STORAGE

- Wash, dry and keep wrapped in paper towel in the crisper drawer
- Keep for up to 5 days, but optimal when used in 1-2.

NUTRITION

- Very low calorie
- Acts as a digestive aid
- A good source of minerals and folates, and contains Vitamin A, C, K and B complex.

TIPS

- Look for crispy pods if eating raw, use sunken or ripe pods for pickles!
- Trim the stem from the top before eating.

OKRA AND TOMATO STEW

- **2 tbsp** vegetable oil
- **2** garlic cloves, minced
- **1** small red onion, thinly sliced
- **1 tsp** chile powder
- **Pinch** of cayenne pepper
- **1 tsp** cumin seeds
- **1 tsp** turmeric
- **1 lb** okra, stemmed and sliced 1/2 inch thick
- **2** medium tomatoes, coarsely chopped
- **1/2 c** water
- **Salt**

IN A MEDIUM SKILLET, HEAT THE VEGETABLE OIL. ADD THE MINCED GARLIC AND SLICED RED ONION AND COOK OVER MODERATE HEAT, STIRRING OCCASIONALLY, UNTIL FRAGRANT, ABOUT 3 MINUTES. ADD THE CHILE POWDER, CAYENNE PEPPER, CUMIN SEEDS AND TURMERIC AND COOK, STIRRING CONSTANTLY, UNTIL FRAGRANT, ABOUT 2 MINUTES. ADD THE OKRA AND COOK FOR 2 MINUTES, TOSSING. ADD THE TOMATOES AND COOK OVER HIGH HEAT UNTIL THEY RELEASE THEIR JUICES, ABOUT 1 MINUTE. ADD THE WATER, COVER AND COOK, STIRRING OCCASIONALLY, UNTIL THE OKRA IS JUST TENDER, ABOUT 5 MINUTES. SEASON WITH SALT AND SERVE.

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