

Okra



Okra is an edible seed pod, grown in tropical and warm temperate regions. The fully edible seed pods are long and pointy, with a peach-like fuzz on the outside. They are mild in flavor and high in soluble fiber, making them a useful thickener for stews, soups, or other dishes. They are a very healthy addition to any dish, as they are also high in a wide range of vitamins and minerals.

Cooking

Okra is great stewed, pickled, raw, steamed, grilled, or roasted. Look for crispy pods if eating raw or pickling, and use softer, more ripe pods for cooking. When slow-cooked with liquid, okra will release soluble fiber and act as a natural thickener. Before eating, trim the stem from the top. Larger okra can even be stuffed and baked or fried, like jalapeño poppers!



Storage

Wash, dry, and keep okra wrapped in a paper towel in the crisper drawer. Fresh okra should be used or frozen within 5 days. To freeze, trim, wash, and pre-cut okra, then freeze in an airtight bag or container for up to 6 months.



Simple Summer Succotash

Serves: 6

Time: 30 minutes

lovin'
spoonfuls
a food rescue



Ingredients:

- 2 cups (10 oz) fresh, canned or frozen Lima beans
- 2 tbsp oil (vegetable or olive)
- 1 small onion, chopped
- 1 cup (4 oz) fresh or frozen okra, cut into ½-inch thick slices
- 1 garlic clove, finely chopped
- 3 cups (about 4 ears) fresh or frozen corn kernels
- 3 tbsp butter or olive oil
- 1 cup cherry tomatoes, halved (or canned diced tomato, lightly drained)
- ¼ cup thinly sliced fresh basil (or 1 tbsp dried)

Directions:

1. Place Lima beans in a medium saucepan and add water to cover. Bring to a boil over medium-high. Reduce to medium-low, and simmer until beans are just tender (8-10 minutes if fresh or frozen: 4-5 minutes if canned). Drain and set aside.
2. In a large skillet, heat 2 tbsp oil over medium. Add onion, okra, and garlic, and cook, stirring often, until onion is tender, about 6 minutes.
3. Stir in corn and Lima beans, season with salt and pepper to taste. Cook, stirring often, until corn is tender, 5-6 minutes. Stir in butter and cook 1 minute more, or until melted. Remove from heat.
4. Gently toss in cherry tomatoes and sliced basil. Check seasoning, and add salt and pepper to taste. Serve immediately.

Quick Tips:

- If using canned or frozen vegetables, add a splash of lemon juice to brighten the flavors.
- Top with a little crumbled bacon, Parmesan cheese, or sunflower seeds for extra crunch.
- Can't find Lima beans? Use green beans instead! Cut to bite size and reduce simmering time to 5-6 minutes.

