

A SOUTHERN TREASURE

okra



Okra is commonly used in a number of cuisines including Creole, Cajun, Caribbean, Southeast Asian and Middle Eastern. Eating plenty of fruits and veggies like okra may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

DID YOU KNOW?



- Okra contains fiber and antioxidants that promote heart health.
- Cooked okra is a great source of folate, which is an essential nutrient during early pregnancy.
- While fresh okra is widely enjoyed by consumers, a large quantity of it is sold to soup companies.
- Mature okra can be used to make rope and paper.

WELLNESS TIP

Make a playlist of your favorite, upbeat songs before going on a run. Running with music can give you that extra boost of energy and motivation you need to get through it.

SHOPPING, PREPARING AND STORING



- Look for pods under four inches long that are free of bruises and are not soft.
- Okra can be kept in the refrigerator for two to three days.
- Blanch okra for two minutes before freezing.

COOKING TIPS



- Okra flavors well with peppers, eggplants, onions and tomatoes.
- When okra is cut, it releases a sticky substance with thickening properties that can be used in soups, gumbos and stews.
- Wait to season your okra when sautéing. If you add salt at the beginning of the cooking process or during, it can result in sticky okra.

OKRA AND CORN SAUTE

serves 6



- 2 cups okra, sliced
- 1 cup celery, chopped
- 1/2 cup onion, chopped
- 2 tablespoons olive oil
- 2 cups corn kernels
- 2 cups tomatoes, seeded and chopped

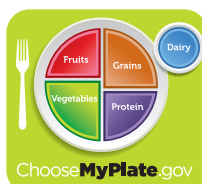
1. Sauté okra, celery and onion in olive oil for 5 minutes.
2. Add the corn and tomatoes, reduce heat, cover and simmer for 15 minutes.
3. Serve warm.

Recipe provided by *Fresh From Florida Kids*,
Florida Department of Agriculture and Consumer Services

Calories: 106; Total Fat: 5 g; Saturated Fat: 1 g;
Total Carbohydrates: 14 g; Protein: 3 g; Sodium: 26 mg

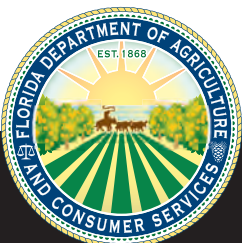
CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.




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