



MyPlate suggests  
making half your plate  
fruits and vegetables.

<http://www.choosemyplate.gov/>

# Okra

Did you know?

Okra is best from December to March!

One cup of boiled okra contains only 22 calories!

Okra is an excellent source of fiber so you stay fuller longer.

## Fun Fact!

The okra plant reaches a height of six feet before harvest!

## FIGHTBAC!

**Clean:** Wash hands  
and Surfaces Often

**Separate:** Don't  
Cross-Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Look for okra with tender pods.
- Okra pods should have a bright green color and be free from blemishes.
- Wash okra well before use.
- Avoid okra with tough, fibrous pods and pods that are a faded green color.

## Smokey Okra

1 lb fresh okra  
1 tablespoon vegetable oil  
3/4 teaspoon salt

Preheat a grill to medium high. Toss 1 pound okra with 1 tablespoon vegetable oil and 3/4 teaspoon each salt and smoked paprika. Thread the okra across 2 skewers, leaving a bit of space between each piece. Grill until tender and charred, 4 to 5 minutes per side.

Preparation Time: 5 minutes  
Cook Time: 10 minutes  
Serves 4

Nutrition Facts:  
Calories: 70  
Total Fat: 3.5 g  
Cholesterol: 0mg  
Sodium: 450mg  
Total Carbohydrate: 8 g  
Protein: 2 g

<http://www.foodnetwork.com>

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## Name that Vegetable!



RUSAG

APNS

PSAE

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SISWS

HRDAC

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