

Roasted Okra



Makes 2-4 servings

Total Time: 25 minutes

Ingredients

2 handfuls of fresh okra

2 tablespoons olive oil

Sea Salt or pink Himalayan, to taste

Fresh cracked pepper, to taste

Preparation

Wash okra and place in deep bowl. Add olive oil, sea salt, and cracked pepper. Toss with spatulas to coat well. Spread okra onto cookie sheet in single layer. Bake at 350 degrees for 15 – 20 minutes, or desired tenderness. Enjoy!

Tip: Okra is one of those vegetables that tastes great raw. Eating raw veggies gives you 100% of its nutrients and fiber. Try this recipe raw instead of roasting.

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