

Cornmeal Baked Okra

Heart Health

Items Needed: cutting board, knife, measuring cups, measuring spoons, fork, baking sheet, bowls

Serves: 4

Ingredients:

- 2 cups of okra
- 2 eggs
- ½ cup cornmeal
- ¼ cup flour + ½ cup flour
- 1 tbsp cornstarch
- ¼ tsp garlic powder
- ½ tsp creole spice
- ½ tsp salt
- 2 tsp olive oil



Directions:

1. Preheat your oven to 415 degrees.
2. Rinse and clean okra. Cut off the tops and slice in half.
3. Get three bowls out for a breading station.
4. Fill one bowl with ½ cup flour, add ¼ tsp salt and mix together
5. Fill another bowl with two eggs and a splash of water for an egg wash.
6. Fill the last bowl with the cornmeal, remaining ¼ cup flour, cornstarch, creole spice, garlic powder and ¼ tsp salt. Add the olive oil to this and work the olive oil into the cornmeal crusting.
7. Take a small handful of okra and toss in the flour until coated, move to the egg bowl remove and toss in the cornmeal dusting. Make sure they don't stick together and once evenly coated place on a baking sheet.
8. Bake for 15 minutes until one side is golden brown. Flip over and return to the oven another 5-ish minutes or until the texture is crispy and the okra is golden.
9. Remove from the oven and place on a plate. Serve with a dip of your choice or eat by themselves as okra fries.



Nutrition Information (per ¼ recipe):

Calories: 220 Fat: 5.4 g Carbs: 35.4 g Protein: 7.4 g Fiber: 3.4 g Sodium: 331 mg

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